

My Monthly Goals:

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per week! This is according to the Canada Movement Guidelines.



WELLNESS CALENDAR

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- in Linkedin@Systems 24-7
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Happy Holiday's and a Happy New Year

Allow your mind to get some rest after a long day at work with this month's colouring activity seen here. Each month will have a new activity for you to enjoy.

Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to communications@systems24-7.com

<u>Communications@systems24-7.com</u>								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
The month is full of tips to help you live the monthly motto (\mathbb{M}) But feel free to scratch them out and create your own! Colour in the water bottles as you drink water throughout the day (4 bottles = 8 glasses). Did you do any physical activity? Check off the active box.		Donate some canned goods or winter coats to a shelter. National Day of Giving	Write your monthly goals.	It's never to late or too early to build a healthier you.	Go ice skating.			
05	06	07	08			11		
The holiday season is always a rush. Remember to slow down.	Practice portion control.	Take quiet time for yourself.	Take vitamins. Not sure what to take? Book an apt. with your Doctor to find	Have you completed a goal yet?	Change your furnace filter if you haven't already.	Build a snowman. Anniversary of the Statute of Westminster		
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Treat yourself like you would treat others.	Live in the present.	Baked some holiday cookies.	Don't compare yourself.	Need some stress relief? Try adding Strawberry, Pineapple and Basil to your water.	Treat yourself to your favourite maple syrup treat. National Maple Syrup	Put on your favourite ugly holiday sweater. National Ugly Christmas		
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Pack protein snacks for those busy days.	Go on a winter wonder walk.	21 Go sledding.	Take a deep breath.	Be kind to yourself.	Make a holiday stove-top popery. (Remember safety first) Christmas Eve	Practice gratitude. Christmas Day		
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lt's okay to sleep in if you want to.	A calm mind brings inner	Don't use electronics 1 hour	Like our monthly activity? Try getting	30 Finish all your monthly goals.	31 You worked hard this year. Celebrate			

an adult colouring

a job well done.

New Year's Eve

strength and

Boxing Day

self-confidence.

before bed.