

# mm

**YOUR MONTHLY MOTTO:**

“Enjoy the little things”

**24-7 Wellness**

## My Monthly Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 **Strive for 150 minutes of exercise per week!** This is according to the Canada Movement Guidelines.



*Happy Holiday's and a Happy New Year*



# WELLNESS CALENDAR

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www.systems24-7.com

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](mailto:communications@systems24-7.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The month is full of tips to help you live the monthly motto (mm). 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.</p>			<p><b>01</b></p> <p>Donate some canned goods or winter coats to a shelter.</p> <p><i>National Day of Giving</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>02</b></p> <p>Write your monthly goals.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>03</b></p> <p>It's never too late or too early to build a healthier you.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>04</b></p> <p>Go ice skating.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>05</b></p> <p>The holiday season is always a rush. Remember to slow down.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>06</b></p> <p>Practice portion control.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>07</b></p> <p>Take quiet time for yourself.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>08</b></p> <p>Take vitamins. Not sure what to take? Book an apt. with your Doctor to find out.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>09</b></p> <p>Have you completed a goal yet?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>10</b></p> <p>Change your furnace filter if you haven't already.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>11</b></p> <p>Build a snowman.</p> <p><i>Anniversary of the Statute of Westminster</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>12</b></p> <p>Treat yourself like you would treat others.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>13</b></p> <p>Live in the present.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>14</b></p> <p>Baked some holiday cookies.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>15</b></p> <p>Don't compare yourself.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>16</b></p> <p>Need some stress relief? Try adding Strawberry, Pineapple and Basil to your water.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>17</b></p> <p>Treat yourself to your favourite maple syrup treat.</p> <p><i>National Maple Syrup Day</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>18</b></p> <p>Put on your favourite ugly holiday sweater.</p> <p><i>National Ugly Christmas Sweater Day</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>19</b></p> <p>Pack protein snacks for those busy days.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>20</b></p> <p>Go on a winter wonder walk.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>21</b></p> <p>Go sledding.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>22</b></p> <p>Take a deep breath.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>23</b></p> <p>Be kind to yourself.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>24</b></p> <p>Make a holiday stove-top popery. (Remember safety first)</p> <p><i>Christmas Eve</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>25</b></p> <p>Practice gratitude.</p> <p><i>Christmas Day</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>26</b></p> <p>It's okay to sleep in if you want to.</p> <p><i>Boxing Day</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>27</b></p> <p>A calm mind brings inner strength and self-confidence.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>28</b></p> <p>Don't use electronics 1 hour before bed.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>29</b></p> <p>Like our monthly activity? Try getting an adult colouring book.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>30</b></p> <p>Finish all your monthly goals.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>31</b></p> <p>You worked hard this year. Celebrate a job well done.</p> <p><i>New Year's Eve</i></p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	

☾ 1st Quarter    ○ Full Moon    ☾ 3rd Quarter    ● New Moon