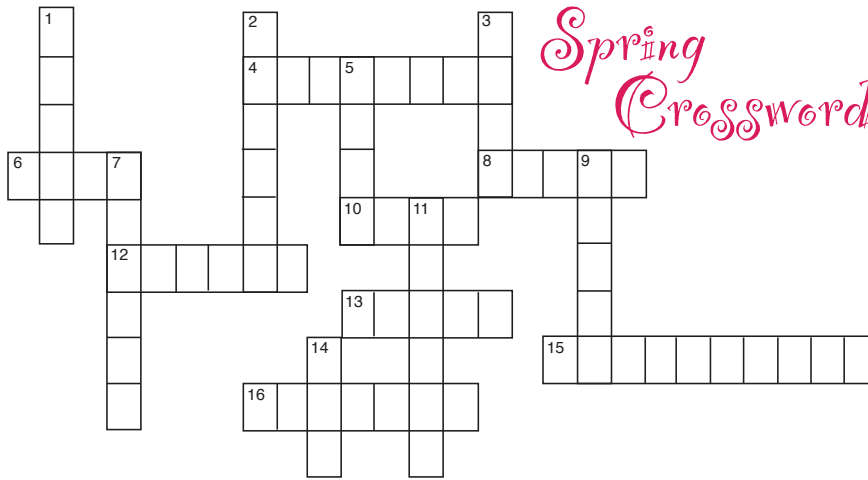


2024

BRILLIANT



Spring Crossword

Across

4. Rain or sun protection
6. Flying a _____ is the perfect windy day activity.
8. What snow does in Spring.
10. Where a bird lays its eggs.
12. A brief period of rain.
13. First month of Spring.
15. A day for playing tricks.
16. Spring, Summer, Falls, Winter.

Down

1. Fourth month of the year.
2. A small accumulation of water.
3. Not cold or hot.
5. Drops of water that fall from clouds.
7. The day kids hunt for eggs.
9. A spring flower.
11. The season after winter.
14. Mother's Day is celebrated in which month.

Source: <http://allfreeprintable.com/spring-crossword>

mM

YOUR MONTHLY MOTTO:

"Your health is an investment, not an expense"

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.

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>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.</p>					<p>01</p> <p>Write out your monthly goals.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>02</p> <p>Do a digital detox. No electronics for the day.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p>03</p> <p>Play a game you loved as a kid.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>04</p> <p>Ditch the coffee and try an herbal tea today.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>05</p> <p>Listen to a podcast.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>06</p> <p>Light your favourite candle.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>07</p> <p>Take some photos of the spring flowers starting to bloom.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>08</p> <p>Try a detox smoothie.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>09</p> <p>What are 10 things you are grateful for?</p> <p>Vimy Ridge Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p>10</p> <p>Have a spa day. Don't want to go to a spa, make one at home.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>11</p> <p>Take a walk down memory lane and look at some old photos.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>12</p> <p>Plan a getaway.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>13</p> <p>What is your favourite inspirational quote.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>14</p> <p>Buy yourself some flowers.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>15</p> <p>Don't eat anything fried today.</p> <p>Good Friday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>16</p> <p>Tell someone you appreciate them.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p>17</p> <p>Work on a monthly goal.</p> <p>Easter Sunday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>18</p> <p>Go to the movies.</p> <p>Easter Monday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>19</p> <p>Go for a light jog or fast pace walk.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>20</p> <p>Sing out loud to your favourite song.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>21</p> <p>Take a nap.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>22</p> <p>Take a relaxing bubble bath.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>23</p> <p>Do some gardening.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p>24</p> <p>Find new recipes to try for the week.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>25</p> <p>Start a dream journal.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>26</p> <p>Indulge in your favourite dessert.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>27</p> <p>Finish your monthly goals.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>28</p> <p>Go to bed early to give yourself at least 8 hours of sleep.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>29</p> <p>Invite someone to go out for coffee/tea.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p>30</p> <p>Treat yourself to a brand new outfit.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p>Webinar Legend: To register for this months' webinars, visit systems24-7.com</p> <p>▲ Public Webinar ● Systems 24-7 Related Webinar ■ Excellence program Hot Topic Webinar ★ Excellence program Guidance and Instructional Webinar</p> <p>Grayed out days are office closure or hour changes.</p>						

Across: 4. Umbrella, 6. Kite, 8. Melts, 10. Nest, 12/ Shower, 13. April, 15. April Fools, 16. Seasons. Down: 1. April, 2. Puddle, 3. Warm, 5. Rain, 7. Easter, 9. Tulip, 11. Spring, 14. May.