

A black and white line drawing of a large, stylized sun or moon with a crescent shape, surrounded by stars and swirling patterns, intended as a coloring page. The central circular part is filled with radiating lines, and the crescent is outlined. The entire design is surrounded by decorative swirls, stars, and dots.



24-7 Wellness

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.

- 5 _____

 1st Quarter
 Full Moon
 3rd Quarter
 New Moon



SYSTEMS24-7

mm

YOUR MONTHLY MOTTO:

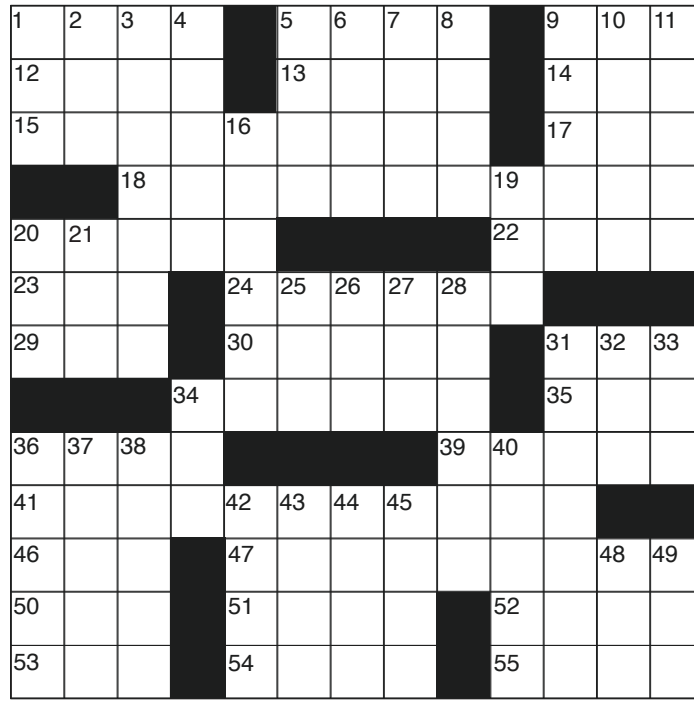
"Be stronger, than your strongest excuse"



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



Puzzle from boatloadpuzzles.com

Down:

- | | | | | | |
|---------------------|---------------------|------------------------|-------------------|--------------------------|----------------------------|
| 1. Sure! | 7. Play divisions | 19. Rage | 28. Adjusts again | 37. TV Host ____ O'Brien | 45. Picnic intruders |
| 2. Certain grain | 8. Sharpen | 20. Income | 31. Antiseptic | 38. Amid | 48. Wind direction (abbr.) |
| 3. Famous vampire | 9. Stallone role | 21. Recline | 32. ____ -tac-toe | 40. Portrayals | 49. Koppel or Williams |
| 4. Parcel out | 10. October gems | 25. Gay Nineties, e.g. | 33. Thus far | 42. Cliff's brink | |
| 5. Grooming aid | 11. Forest growths | 26. Pester incessantly | 34. Sleeve filler | 43. Rocker ____ Young | |
| 6. Hawaiian cookout | 16. Showed feelings | 27. Exploit | 36. Make points | 44. Assigned job | |

Allow your mind to get some rest after a long day at work with this month's crossword 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

Across:

- | | |
|----------------------------|------------------------------|
| 1. "Star Wars" character | 31. Pigpen |
| 5. Cat's weapon | 34. Maxims |
| 9. Spoil | 35. Even score |
| 12. Certain nobleman | 36. "The Lion King" villain |
| 13. Painful cry | 39. Put up |
| 14. Mar. follower | 41. News analyst |
| 15. Deadlock | 46. Artist Yoko ____ |
| 17. Bombshell ____ West | 47. Honor roll (2 wds.) |
| 18. Flammable | 50. Hurried |
| 20. Dwarf planet | 51. Essence |
| 22. "Friends" character | 52. Alternative word |
| 23. Feel unwell | 53. London's country (abbr.) |
| 24. Professor's protection | 54. BPOE members |
| 29. Positive vote | 55. Kernel |
| 30. Delete | |



WELLNESS CALENDAR

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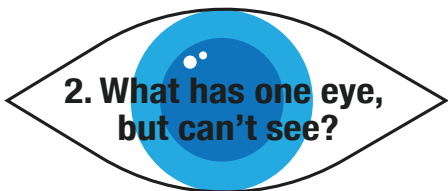
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Start a puzzle.	02 Clean out your closet. <i>Groundhog Day</i>	03 Buy nothing today. Try not to spend any money.	04 Clear the dust from your work station.	05 Add an extra 1000 steps to your walking goal.	06 Catch up on a book you stopped reading.
	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
07 Write out your four monthly goals.	08 Challenge yourself. Caffeine free Monday.	09 Taco Tuesday, share your favourite taco combination.	10 Take a deep breath every hour today.	11 Have fruit with every meal today.	12 You've worked hard this week, enjoy a nice treat.	13 Go play in the snow.
☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
14 Eat a healthy breakfast. <i>Valentine's Day</i>	15 Drop off canned food at a shelter. <i>Family Day</i>	16 Self love, write 3 things you love about yourself.	17 Have you finished a goal yet? <i>Ash Wednesday</i>	18 Try some squats today.	19 Check your cars washer fluid levels.	20 Take a lazy day. Relax and refocus.
☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
21 Repeat the monthly motto 5 times.	22 Clean out your wallet. Remove expired coupons.	23 Finish a monthly goal.	24 Retry a food you hated as a kid.	25 Smile today.	26 Let go of any negativity this week.	27 Get some fresh air and take a walk outside.
☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
28 Finish all your monthly goals!	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.					
☐ ☐ ☐						

☐ 1st Quarter
 ☐ Full Moon
 ☐ 3rd Quarter
 ☒ New Moon

31. Sly 34. Adages 35. The 36. Scar 39. Erect 41. Commentator 46. Ono 47. Deanist 50. Ran 51. Gist 52. Eke 53. Eng 54. Eke 55. Seed **Down:** 1. Yes 2. Dat 3. Dracula 4. Allot 5. Comb 6. Luan 7. Acts 8. Whet 9. Rambo 10. Opals 11. Trees 16. Emoted 19. Ire 20. Pay 21. Lie 25. Era 26. Nag 27. Use 28. Resists 31. Stenle 32. The 33. Yet 34. Arm 36. Score 37. Cornan 38. Among 40. Roles 42. Edge 43. Nell 44. Task 45. Ants 48. SSE 49. Ted

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3. What gets *wet* while *drying*?

5. How do you turn

188

into 200 with one line?

1. What question can you **NEVER** answer yes to?

4. I am an ODD number.
Take away a LETTER
and I become even.
What number am I?

6. What has to be **BROKEN** before you can use it?

7. David's parents have three sons: Snap, Crackle, and what's the name of the third son?



YOUR MONTHLY MOTTO:

“Find the positive”



My Monthly Goals:

1. The Role of the Teacher

2. The Role of the Teacher

3. *How to use the book*

[illegible]

Strive for 150 minutes of exercise per week! This is according to the

5 Canada Movement Guidelines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Write out your monthly goals. ☐ 3 ☐ <i>mm</i>	02 Get outside for some fresh air. ☐ 3 ☐ <i>mm</i>	03 Take some time to reflect today. ☐ 3 ☐ <i>mm</i>	04 Trouble drinking water? Take a sip every time you check your phone. ☐ 3 ☐ <i>mm</i>	05 Fish Friday! ☐ 3 ☐ <i>mm</i> <i>National Dentist Day</i>	06 Book a dentist appointment. ☐ 3 ☐ <i>mm</i>
07 Unplug and reset. Can you go a day without your devices? ☐ 3 ☐ <i>mm</i>	08 Try a new fruit for the new week. <i>Commonwealth Day</i> ☐ 3 ☐ <i>mm</i>	09 Repeat the monthly motto 5 times. ☐ 3 ☐ <i>mm</i>	10 Have you checked your computer security programs? ☐ 3 ☐ <i>mm</i>	11 Try a comforting bowl of soup. ☐ 3 ☐ <i>mm</i>	12 Write down special events you need to remember. ☐ 3 ☐ <i>mm</i>	13 Check out a local shop you have never been to. ☐ 3 ☐ <i>mm</i>
14 Meal prep for the week. <i>Daylight Savings Time</i> ☐ 3 ☐ <i>mm</i>	15 Take the stairs today. ☐ 3 ☐ <i>mm</i>	16 Send a positive note to someone today. ☐ 3 ☐ <i>mm</i>	17 Wear all green for St. Patrick's day, <i>St. Patrick's Day</i> ☐ 3 ☐ <i>mm</i>	18 Check your work station for proper ergonomics. ☐ 3 ☐ <i>mm</i>	19 Have you completed a monthly goal yet? ☐ 3 ☐ <i>mm</i>	20 Take a deep breath to let go of any negativity. ☐ 3 ☐ <i>mm</i>
21 Try an old family recipe. ☐ 3 ☐ <i>mm</i>	22 Try adding some fruit to your water. <i>World Water Day</i> ☐ 3 ☐ <i>mm</i>	23 Exercise at anytime, like bicep curls in the coffee line. ☐ 3 ☐ <i>mm</i>	24 Follow someone who inspires you. ☐ 3 ☐ <i>mm</i>	25 Regularly sanitize your phone. ☐ 3 ☐ <i>mm</i>	26 Reflect on one highlight from the week! ☐ 3 ☐ <i>mm</i>	27 Look through photos. Remember the good. ☐ 3 ☐ <i>mm</i>
28 Evaluate your sleeping habits. Are you getting enough sleep? ☐ 3 ☐ <i>mm</i>	29 Finish all your monthly goals! ☐ 3 ☐ <i>mm</i>	30 Eat protein at each meal. ☐ 3 ☐ <i>mm</i>	31 Do something fun to de-stress. ☐ 3 ☐ <i>mm</i>	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.		

 1st Quarter
  Full Moon
  3rd Quarter
  New Moon

Answers: 1. Are you asleep yet? 2. A needle. 3. A towel. 4. Seven. 5. $\frac{100}{100}$ 6. An egg. 7. David.



WELLNESS CALENDAR

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 **Instagram@Dunk247**



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L Z Q X C E M E V L U M S P N V L M M V U L Q Y
H T F L Y L F W Y V A G L V W A S Y D G I A N Y
S Z X Y Y B G T H N F T R O U S S E R T S C R M
S S J T X A F L K E P J N T S G N I V A S I O Y
O G J I Z I W H V V R N I E D P Q A G O Y S N D
D I T L Z L A K J E G R Y F M K K I U Z E Y B P
P Z C I J E G K E D I L C Y I R I L S B E H H R
S P H B U R E T K P R P O X N N A I L V G P X A
W R U I C Q N Z S P Q P P S O U A T H R H B X Y
I E R S Q U E C X B W Y I X G G S N C S J C A F
M S C N L C D V B D U A N H I Y S S C Q I I K S
M C H O F R M L E I G F G O P M E W V I M E C D
I R V P F Y V B S N K K S A M V N E J C A T A E
N I B S F U T I I W A I R Q H M L L E L B L B C
G P N E M F C K I M N E N W S J L G Q G N S E N
T T L R R N O R W Q H L X G D L E N L G J O V A
P I T E A M X V P T O E Z V Y T W I P Y O C I L
K O E M S E N E I G Y H W D L T V K B S C I G A
S N P O Q S E I T I V I T C A G S L M L M A A B
V S N V L A N O I T O M E M K L M A Z A S L Y Y
L A N O I T A P U C C O B L A F V W Y O K R B Q
B O I H R K I N T E L L E C T U A L Q G H E H T
K J K L E S I C R E X E H H Y D R A T E H D R Y
A L X Y H T L A E H G N I T A E K Q C A Q I O U

Prescriptions
Financial
Spiritual
Church
Eating Healthy
Physical
Therapy
Yoga
Responsibility
Wellness
No Smoking
Reliable
Exercise
Hydrate
Coping
Walking
Swimming
Stress
Hygiene
Biking
Activities
Laugh
Give Back
Social
Savings
Balance
Volunteer
Mental
Goals
Debt Free
Intellectual
Pray
Emotional
Occupational

mm

YOUR MONTHLY MOTTO:

"Better health through
better living"

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
Allow your mind to get some rest after a long day at work with this month's word search activity seen at the top of the page. Each month will have a new activity for you to enjoy. <i>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</i>						01 Write your monthly goals. <i>National Play Outside Day</i> ☐ ☒ ☐ ☐ ☐
02 Try to get some morning outdoor exercises done. ☐ ☒ ☐ ☐ ☐	03 Avoid negative talk. ☐ ☒ ☐ ☐ ☐	04 Relax your mind, do some meditation. <i>National Star Wars Day</i> ☐ ☒ ☐ ☐ ☐	05 Avoid fast food today. ☐ ☒ ☐ ☐ ☐	06 Stretch when you wake up. ☐ ☒ ☐ ☐ ☐	07 Protect your eyes. Wear sunglasses outdoors. ☐ ☒ ☐ ☐ ☐	08 Take time to enjoy an activity or hobby you like. ☐ ☒ ☐ ☐ ☐
09 Have you finished a monthly goal yet? <i>Mother's Day</i> ☐ ☒ ☐ ☐ ☐	10 Repeat the monthly motto 5 times. ☐ ☒ ☐ ☐ ☐	11 Try waking up and going to bed at a regular hour everyday. ☐ ☒ ☐ ☐ ☐	12 Don't be afraid to ask for help. ☐ ☒ ☐ ☐ ☐	13 Join a Facebook group with others that share your interests. ☐ ☒ ☐ ☐ ☐	14 Daydream! Close your eyes and imagine yourself in a peaceful place. ☐ ☒ ☐ ☐ ☐	15 Have you been drinking enough water? ☐ ☒ ☐ ☐ ☐
16 Embrace who you are. We are all different and that is OKAY! ☐ ☒ ☐ ☐ ☐	17 Try to 'be' in the moment. (ex. Feel the sun on your skin, notice the air you breathe) ☐ ☒ ☐ ☐ ☐	18 Send a positive message to someone. ☐ ☒ ☐ ☐ ☐	19 Finish a monthly goal. ☐ ☒ ☐ ☐ ☐	20 Appreciate what we often take for granted. (ex. Running water, electricity) ☐ ☒ ☐ ☐ ☐	21 Watch a new movie genre. ☐ ☒ ☐ ☐ ☐	22 Take a camping trip. ☐ ☒ ☐ ☐ ☐
23 Have a BBQ. <i>Victoria Day</i> ☐ ☒ ☐ ☐ ☐	24 Avoid watching TV all day. ☐ ☒ ☐ ☐ ☐	25 Leg day! Start your squats. ☐ ☒ ☐ ☐ ☐	26 Try a fruit that is your favourite colour. ☐ ☒ ☐ ☐ ☐	27 Get some sunlight everyday. ☐ ☒ ☐ ☐ ☐	28 Delivery Day! Order Out! ☐ ☒ ☐ ☐ ☐	29 Avoid caffeine today. ☐ ☒ ☐ ☐ ☐
30 Finish all your monthly goals! ☐ ☒ ☐ ☐ ☐	31 Be kind to yourself. <i>National Smile Day</i> ☐ ☒ ☐ ☐ ☐	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.				

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



WELLNESS CALENDAR

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mm

YOUR MONTHLY MOTTO:

"Feel Well. Be Well"



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



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1
4
Compliments

2
S B A R G S B A R G S B A R G S B A R G

3
F I R E F I R E

4
Time Time Time Charm

5
Sand

6
Rough Rough Rough

7
Heat

8
Crying Crying Crying Crying

LOUD

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 Write out your monthly goals. ☐ 3 ☐ mm ☐ ☐ ☐	02 Take a scenic running trail. <i>National Running Day</i> ☐ 3 ☐ mm ☐ ☐ ☐	03 Try a new recipe for dinner tonight. ☐ 3 ☐ mm ☐ ☐ ☐	04 It's Friday! Smile! ☐ 3 ☐ mm ☐ ☐ ☐	05 Sometimes all it takes is a new outfit to feel great. Go buy yourself something new. ☐ 3 ☐ mm ☐ ☐ ☐
06 Make sure to have sunscreen on when out in the sun. ☐ 3 ☐ mm ☐ ☐ ☐	07 Get yourself some flowers. Sweet fragrances are soothing. ☐ 3 ☐ mm ☐ ☐ ☐	08 Take a 5 minute stretch break. ☐ 3 ☐ mm ☐ ☐ ☐	09 Add lemon in your water to help boost your energy. ☐ 3 ☐ mm ☐ ☐ ☐	10 Create an uplifting playlist. ☐ 3 ☐ mm ☐ ☐ ☐	11 You've worked hard this week, enjoy a nice treat. ☐ 3 ☐ mm ☐ ☐ ☐	12 Turn off that alarm clock and get the extra sleep you need. ☐ 3 ☐ mm ☐ ☐ ☐
13 Eat a healthy breakfast. ☐ 3 ☐ mm ☐ ☐ ☐	14 Walk a Monday mile. ☐ 3 ☐ mm ☐ ☐ ☐	15 Wear your favourite colour today. ☐ 3 ☐ mm ☐ ☐ ☐	16 Eat your water. (Ex. Watermelon, Celery, Cucumber, Ice-burg Lettuce) ☐ 3 ☐ mm ☐ ☐ ☐	17 When was the last time you organized your workspace? ☐ 3 ☐ mm ☐ ☐ ☐	18 Celebrate your successes. <i>National Go Fishing Day</i> ☐ 3 ☐ mm ☐ ☐ ☐	19 Have you finished a monthly goal yet? ☐ 3 ☐ mm ☐ ☐ ☐
20 Play a game you loved as a kid. <i>Father's Day</i> ☐ 3 ☐ mm ☐ ☐ ☐	21 Repeat the monthly motto 3 times. <i>National Indigenous Peoples Day</i> ☐ 3 ☐ mm ☐ ☐ ☐	22 Give someone a nice compliment. ☐ 3 ☐ mm ☐ ☐ ☐	23 Dance like nobody is watching. <i>National Hydration Day</i> ☐ 3 ☐ mm ☐ ☐ ☐	24 Breathe. ☐ 3 ☐ mm ☐ ☐ ☐	25 You've worked hard, treat yourself to something sweet. ☐ 3 ☐ mm ☐ ☐ ☐	26 Say "NO" when you need to. It's OK. ☐ 3 ☐ mm ☐ ☐ ☐
27 Cook a meal from scratch. ☐ 3 ☐ mm ☐ ☐ ☐	28 Meatless Monday. Try Walnuts, rich in protein and a great meat substitute. ☐ 3 ☐ mm ☐ ☐ ☐	29 Finish all your monthly goals. ☐ 3 ☐ mm ☐ ☐ ☐	30 Be proud of who you are. ☐ 3 ☐ mm ☐ ☐ ☐	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.		

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

Answers: 1. Fishing for compliments. 2. Up for grabs. 3. Cross fire. 4. Third times the charm. 5. Sand box. 6. Rough around the edges. 7. Heat wave. 8. For crying out loud.

Canada Checklist

Check off how many things you have seen, been to or done. Each is one point, add up your total at the end.

- | | | |
|--|---|--|
| ☐ BEEN TO THE CAPILANO SUSPENSION BRIDGE | ☐ BARBECUED IN THE WINTER/SNOW | ☐ BEEN TO STANLEY PARK |
| ☐ DRANK A BLOODY CAESAR | ☐ GONE TO THE EXHIBITION (CNE) | ☐ BEEN TO NOVA SCOTIA |
| ☐ BEEN TO THE BUTCHART GARDENS | ☐ BEEN TO A BLUE JAYS GAME | ☐ BEEN TO OLD QUEBEC |
| ☐ SEEN A MOOSE | ☐ ENDED A SENTENCE WITH "EH!" | ☐ HAD TIM HORTONS |
| ☐ SEEN THE NIAGARA FALLS | ☐ SLEPT IN A TENT | ☐ BEEN TO WHISTLER |
| ☐ BEEN TO THE RIPLEY'S AQUARIUM OF CANADA | ☐ SEEN THE ATLANTIC | ☐ GONE SKIING/SNOW BOARDING |
| ☐ SEEN THE NORTHERN LIGHTS | ☐ PLAYED HOCKEY ON A FROZEN POND | ☐ SEEN THE BAY OF FUNDY |
| ☐ BEEN TO THE TORONTO EATON CENTRE | ☐ BEEN TO THE CALGARY STAMPEDE | ☐ SUNG THE ANTHEM IN ENGLISH AND FRENCH |
| ☐ BEEN TO THE ART GALLERY OF ONTARIO | ☐ EATEN A BEAVERTAIL | ☐ GONE SNOW SHOEING |
| ☐ GONE TO A HOCKEY GAME | ☐ SEEN A CANADA GOOSE | ☐ SEEN A BEAR |
| ☐ BEEN TO THE ROYAL ONTARIO MUSEUM | ☐ TASTED REAL MAPLE SYRUP | ☐ BEEN ICE FISHING |
| ☐ BEEN TO CANADA'S WONDERLAND | ☐ PADDLED A CANOE/KAYAK | ☐ VISITED A NATIONAL PARK |
| ☐ GONE WHALE WATCHING | ☐ SEEN THE ROCKIES | ☐ SAID "SORRY" FOR NO REASON |
| ☐ BEEN TO THE CN TOWER | ☐ BEEN TO OTTAWA | ☐ EATEN A POUTINE |
| | ☐ DID A ROAD TRIP THROUGH CANADA | TOTAL: _____ |
| | ☐ BEEN TO VANCOUVER ISLAND | |

mM

YOUR MONTHLY MOTTO:

"Wake Up With Determination"

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.

Allow your mind to get some rest after a long day at work with this month's Canada Day inspired activity seen at the top of the page. Each month will have a new activity for you to enjoy.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.				01 Celebrate Canada. Safety first when using fireworks. <i>Canada Day</i> ☐ ☒ mM ☐ ☐	02 Write out your monthly goals. ☐ ☒ mM ☐ ☐	03 Try barbecuing some zucchini and eggplant. ☐ ☒ mM ☐ ☐
04 Unplug. Try to go the whole day without checking your devices. ☐ ☒ mM ☐ ☐	05 Start your day off with a hearty breakfast. ☐ ☒ mM ☐ ☐	06 Express gratitude, tell someone you are thankful for them. ☐ ☒ mM ☐ ☐	07 Support a local ice cream shop. <i>National Strawberry Sundae Day</i> ☐ ☒ mM ☐ ☐	08 Have you finished a goal yet? ☐ ☒ mM ☐ ☐	09 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. ☐ ☒ mM ☐ ☐	10 Exercise in the pool today. ☐ ☒ mM ☐ ☐
11 Help a friend with their wellness journey and share some tips you've learned. ☐ ☒ mM ☐ ☐	12 Start a new hobby. ☐ ☒ mM ☐ ☐	13 Remember we all make mistakes. ☐ ☒ mM ☐ ☐	14 Journal. Write it out to clear your mind. ☐ ☒ mM ☐ ☐	15 Draw something. It can increase your creativity while relieving stress. ☐ ☒ mM ☐ ☐	16 Keep track of your spending and see what costs you can cut down on. ☐ ☒ mM ☐ ☐	17 Enjoy some car karaoke. ☐ ☒ mM ☐ ☐
18 Check expire dates on condiments in your fridge. ☐ ☒ mM ☐ ☐	19 Laugh. Big belly laughs. ☐ ☒ mM ☐ ☐	20 Stop comparing your life to others. ☐ ☒ mM ☐ ☐	21 Get ready everyday. Look good, feel good. ☐ ☒ mM ☐ ☐	22 Enjoy the little things. ☐ ☒ mM ☐ ☐	23 Create positive change. ☐ ☒ mM ☐ ☐	24 Pay for someone in the line behind you. ☐ ☒ mM ☐ ☐
25 Walk around the block and enjoy all the pretty flowers. <i>National Parent's Day</i> ☐ ☒ mM ☐ ☐	26 Instead of three big meals. Eat more mini meals throughout the day. ☐ ☒ mM ☐ ☐	27 There are teas to help with anything. Find which will work best for you. ☐ ☒ mM ☐ ☐	28 Remove distractions. ☐ ☒ mM ☐ ☐	29 Finish your monthly goals. ☐ ☒ mM ☐ ☐	30 Watch the sunset. ☐ ☒ mM ☐ ☐	31 Get it done early to have the rest of your day free. ☐ ☒ mM ☐ ☐

1st Quarter
 Full Moon
 3rd Quarter
 New Moon



WELLNESS CALENDAR

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mM

YOUR MONTHLY MOTTO:

"Always see the glass as half full."



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.

CAN YOU SOLVE THIS EQUATION?

$$\begin{array}{rcl}
 \text{Building} + \text{Building} + \text{Building} & = & 39 \\
 \text{Key} + \text{Key} + \text{Key} & = & 9 \\
 \text{Notepad} + \text{Notepad} + \text{Notepad} & = & 15 \\
 \text{Building} \times \text{Notepad} + \text{Notepad} & = & ??
 \end{array}$$

Answer: _____

Allow your mind to get some rest after a long day at work with this month's math riddle 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Reconnect with an old friend. <i>National Friendship Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐	02 Try a fun outdoor game to play. (Ex. Cornhole or ladder golf) <i>Civic Holiday</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐	03 Write down your monthly goals. ☐ ☒ ☐ ☐ ☐ ☐ ☐	04 Drive with the windows down and smell the fresh air. ☐ ☒ ☐ ☐ ☐ ☐ ☐	05 Go for a bike ride. Don't have one? Find a rent a bike to try. ☐ ☒ ☐ ☐ ☐ ☐ ☐	06 Everyone loves fresh fruits and vegetables. So why not plant your own garden? ☐ ☒ ☐ ☐ ☐ ☐ ☐	07 Try doing 10 jumping jacks 3 times throughout the day. ☐ ☒ ☐ ☐ ☐ ☐ ☐
08 Join/create a community Facebook group. ☐ ☒ ☐ ☐ ☐ ☐ ☐	09 Tried of sitting? Set an alarm on your phone to get up every hour and move around. ☐ ☒ ☐ ☐ ☐ ☐ ☐	10 Try to have all the colours of the rainbow on your plate. ☐ ☒ ☐ ☐ ☐ ☐ ☐	11 Give yourself a pat on the back for all your hard work. ☐ ☒ ☐ ☐ ☐ ☐ ☐	12 Have you completed a goal yet? ☐ ☒ ☐ ☐ ☐ ☐ ☐	13 Focus on the positive. ☐ ☒ ☐ ☐ ☐ ☐ ☐	14 Lend a hand or call to check in with friends and family. ☐ ☒ ☐ ☐ ☐ ☐ ☐
15 Be thankful for what you have; you'll end up having more. ☐ ☒ ☐ ☐ ☐ ☐ ☐	16 Tell your favourite joke. <i>National Tell a Joke Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐	17 Treat yourself to your favourite restaurant. Even if it's takeout. ☐ ☒ ☐ ☐ ☐ ☐ ☐	18 Remember, positive thoughts generate positive feelings. ☐ ☒ ☐ ☐ ☐ ☐ ☐	19 Re-watch your favourite movie. ☐ ☒ ☐ ☐ ☐ ☐ ☐	20 Finish a monthly goal. ☐ ☒ ☐ ☐ ☐ ☐ ☐	21 Stop eating 2 hours before bed for a better nights sleep. ☐ ☒ ☐ ☐ ☐ ☐ ☐
22 Plan your meals for the week. It will help you more than you think. ☐ ☒ ☐ ☐ ☐ ☐ ☐	23 Reminder to book that dentist appointment you are putting off. ☐ ☒ ☐ ☐ ☐ ☐ ☐	24 Do some calf raises while making dinner or doing the dishes. ☐ ☒ ☐ ☐ ☐ ☐ ☐	25 Tidy up your workspace. ☐ ☒ ☐ ☐ ☐ ☐ ☐	26 Finish all your monthly goals. ☐ ☒ ☐ ☐ ☐ ☐ ☐	27 Cut caffeine, that includes sodas, chocolates and other sources all day. ☐ ☒ ☐ ☐ ☐ ☐ ☐	28 Take a short nap. ☐ ☒ ☐ ☐ ☐ ☐ ☐
29 Go to bed early. Get a good full night sleep for Monday. ☐ ☒ ☐ ☐ ☐ ☐ ☐	30 S'mores day, share your favourite s'mores combo. <i>National Toasted Marshmallow Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐	31 Stretch when you wake up. ☐ ☒ ☐ ☐ ☐ ☐ ☐	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.			

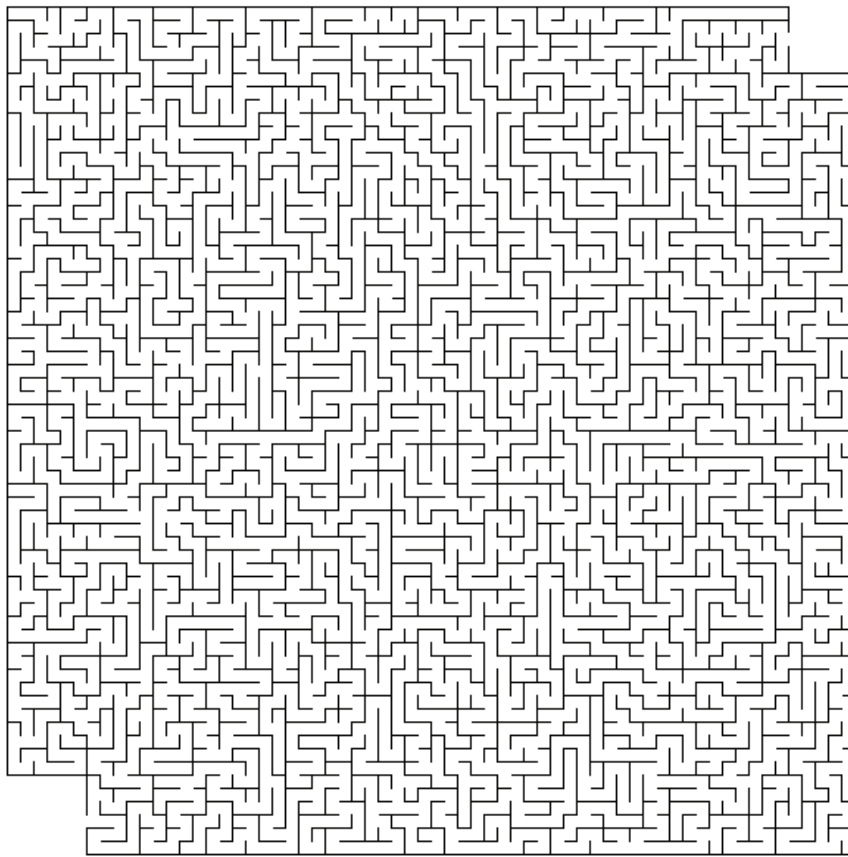
● 1st Quarter ○ Full Moon ● 3rd Quarter ● New Moon



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YOUR MONTHLY MOTTO:

“Nourish.
Body, Mind and Soul”

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.

Allow your mind to get some rest after a long day at work with this month's maze activity seen at the top of the page. 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.			01 Write out your monthly goals. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	02 Doodle. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	03 Donate/volunteer at your local food bank. <i>National Food Bank Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	04 Light a candle with your favourite sent. (Remember safety first) ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐
05 Save time in the morning and plan your outfit before bed. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	06 Start a gratitude journal. <i>Labour Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	07 Walk outside and get some vitamin D. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	08 Get a houseplant. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	09 Accomplish the first task of the day and make your bed. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	10 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	11 Wash away the day with a skincare routine. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐
12 Face on of your fears. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	13 Improve your sleep by keeping your phone outside the bedroom at night. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	14 Have you finished a goal yet? ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	15 Learn one new thing today. <i>National Online Learning Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	16 Create a vision board. Places to go, things to see, people that inspire you, etc. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	17 Start an emergency fund. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	18 Participate in a day class or follow a YouTube video. <i>National Dance Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐
19 Visit a local shop. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	20 Take 10 minutes to breathe deeply. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	21 Play a board game. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	22 Look through old photos and enjoy all the memories. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	23 Finish a monthly goal. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	24 Listen to a new podcast or audio book. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	25 With winter on the way make sure to tune up your car. <i>National Tune-Up Day</i> ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐
26 Treat yourself with a freshly made baked good you did yourself. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	27 Make some quiet time. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	28 Try some bicep curls. If you don't have weights use some water jugs. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	29 Finish your monthly goals. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐	30 Cuddle up with a furry friend. ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐		

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



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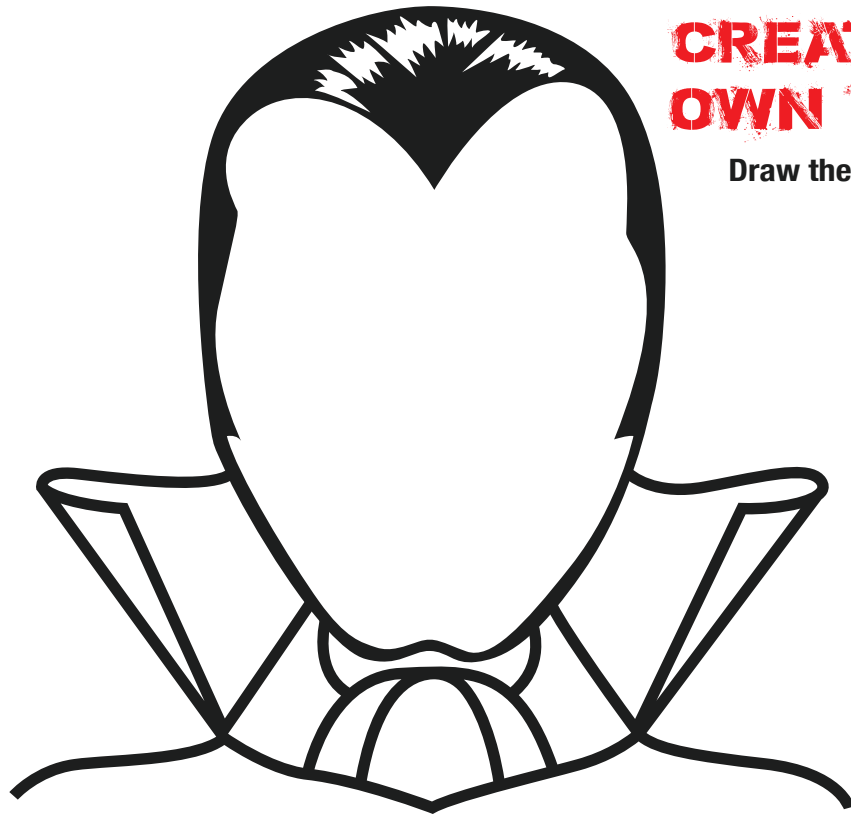
YOUR MONTHLY MOTTO:

"Just Breathe"

24-7 Wellness

My Monthly Goals:

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



CREATE YOUR OWN VAMPIRE

Draw the face and colour.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allow your mind to get some rest after a long day at work with this month's Halloween activity seen here. Each month will have a new activity for you to enjoy. <i>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</i>					01 Improve your body language. <i>National Body Language Day</i> ☐ ☞ ☐ mm ☐ ☐ ☐	02 Write your monthly goals. ☐ ☞ ☐ mm ☐ ☐ ☐
03 Try foods from different cultures. ☐ ☞ ☐ mm ☐ ☐ ☐	04 Wake up early to see the sunrise. ☐ ☞ ☐ mm ☐ ☐ ☐	05 Try using coconut oil instead of butter for a healthy alternative. ☐ ☞ ☐ mm ☐ ☐ ☐	 06 Drink water when you get up to help activate your internal organs. ☐ ☞ ☐ mm ☐ ☐ ☐	07 Do some fall decorating. ☐ ☞ ☐ mm ☐ ☐ ☐	08 Do Yoga to improve balance, flexibility, strength and tranquility. ☐ ☞ ☐ mm ☐ ☐ ☐	09 Do something that makes you happy. ☐ ☞ ☐ mm ☐ ☐ ☐
10 Get rid of negative relationships. <i>World Mental Health Day</i> ☐ ☞ ☐ mm ☐ ☐ ☐	11 Relax and enjoy the holiday. <i>Thanksgiving Day</i> ☐ ☞ ☐ mm ☐ ☐ ☐	 12 Dispose of any expired medications at an approved collection site. ☐ ☞ ☐ mm ☐ ☐ ☐	13 Cancel subscriptions you aren't using anymore. ☐ ☞ ☐ mm ☐ ☐ ☐	14 Avoid drinking sugary drinks today. ☐ ☞ ☐ mm ☐ ☐ ☐	15 Get a massage. ☐ ☞ ☐ mm ☐ ☐ ☐	16 Take a hike to see all the changing leaves of fall. ☐ ☞ ☐ mm ☐ ☐ ☐
17 Get creative and do a craft. ☐ ☞ ☐ mm ☐ ☐ ☐	18 Finish a monthly goal. ☐ ☞ ☐ mm ☐ ☐ ☐	19 Stop taking on other people's problems. ☐ ☞ ☐ mm ☐ ☐ ☐	 20 Go through your closet and donate any winter clothes you aren't going to wear this year. ☐ ☞ ☐ mm ☐ ☐ ☐	21 Repeat the monthly motto 3 times. ☐ ☞ ☐ mm ☐ ☐ ☐	22 Spend time with your pets. ☐ ☞ ☐ mm ☐ ☐ ☐	23 Smile at a stranger, it could help change their day. <i>National Make a Difference Day</i> ☐ ☞ ☐ mm ☐ ☐ ☐
24 Video chat with friends and family. ☐ ☞ ☐ mm ☐ ☐ ☐	25 Meatless Monday. Try Walnuts, rich in protein and a great meat substitute. ☐ ☞ ☐ mm ☐ ☐ ☐	26 Re-shift your focus to enjoyable things in life. ☐ ☞ ☐ mm ☐ ☐ ☐	27 Rediscover an old hobby. ☐ ☞ ☐ mm ☐ ☐ ☐	 28 Drink water 30 minutes before a meal to help digestion. ☐ ☞ ☐ mm ☐ ☐ ☐	29 Get at least 30 minutes of cardio. ☐ ☞ ☐ mm ☐ ☐ ☐	30 Finish your monthly goals. ☐ ☞ ☐ mm ☐ ☐ ☐
31 Try making your Halloween costume. <i>Halloween</i> ☐ ☞ ☐ mm ☐ ☐ ☐	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.					

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

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YOUR MONTHLY MOTTO:

"Enjoy the little things"

24-7 Wellness

My Monthly Goals:

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



Happy Holidays 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.

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



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