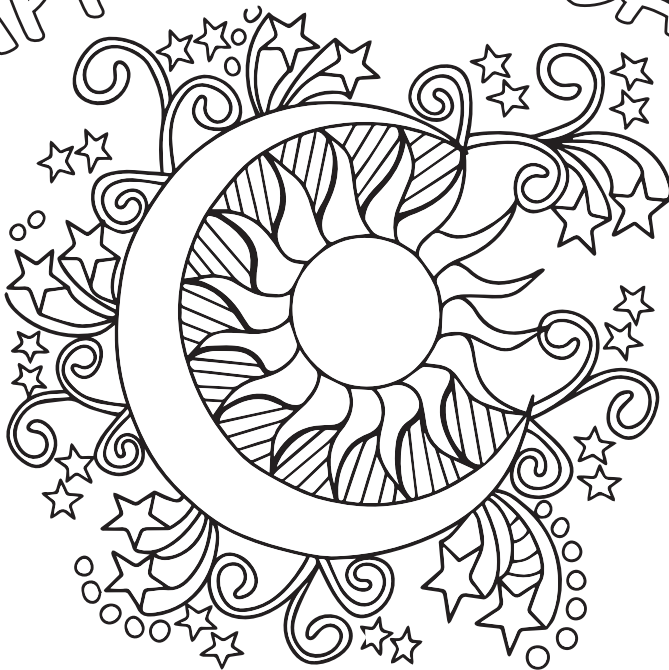


HAPPY NEW YEAR



mm

YOUR MONTHLY MOTTO:

“Refresh, Refocus
and Restart”

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 colouring 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 down your four goals. <i>New Year's Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	02 Pick up a project collecting dust. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
03 Meal plan for the week. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	04 Start a new book. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 Commit to let go of one thing bugging you. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 Set a timeline on something that needs attention. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	07 Prioritize your task list and cross off a couple easy ones. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	08 Repeat the monthly motto at least 5 times. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Have you finished a goal yet? <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10 Clean out your fridge. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 Re-organize a cluttered space. <i>National Human Trafficking Awareness Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 Phone a friend! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 Re-watch a favourite film. <i>National Clean Off Your Desk Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 Re-establish your boundaries. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 Work on a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 Re-focus negative thoughts to positive ones. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
17 Cut out pop and drinks with caffeine. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 Recognize your own bias... work on it. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Smile at someone. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 Take a bubble bath. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 Finish a monthly goal! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 Finish a chapter in the book you started. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 Park in the furthest spot. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
24 Clean out your email inbox. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 Remind yourself of your talents. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Send a positive message to someone. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 Reconnect with an old friend. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 Finally take down your holiday decor....oops. <i>Bell Let's Talk Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 Delivery Day! Order Out! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Allow yourself a day of doing nothing. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
31 Finish all your monthly goals! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<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>					

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



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mm

YOUR MONTHLY MOTTO:

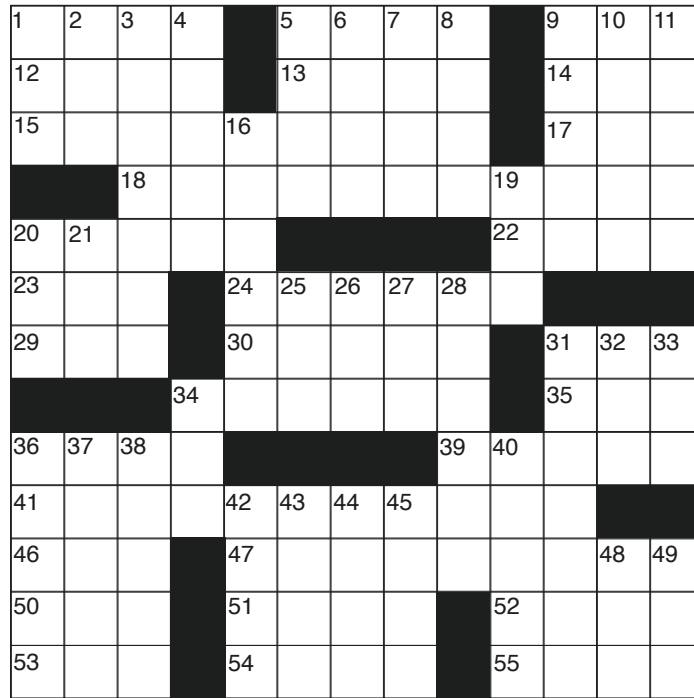
"Be stronger, than your strongest excuse"



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 | |



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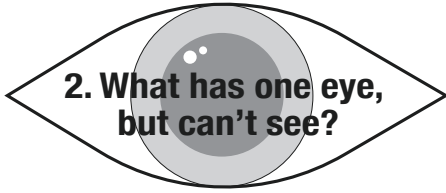
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Start a puzzle. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	02 Clean out your closet. <i>Groundhog Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	03 Buy nothing today. Try not to spend any money. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	04 Clear the dust from your work station. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	05 Add an extra 1000 steps to your walking goal. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	06 Catch up on a book you stopped reading. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>
07 Write out your four monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	08 Challenge yourself. Caffeine free Monday. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	09 Taco Tuesday, share your favourite taco combination. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	10 Take a deep breath every hour today. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	11 Have fruit with every meal today. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	12 You've worked hard this week, enjoy a nice treat. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	13 Go play in the snow. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>
14 Eat a healthy breakfast. <i>Valentine's Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	15 Drop off canned food at a shelter. <i>Family Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	16 Self love, write 3 things you love about yourself. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	17 Have you finished a goal yet? <i>Ash Wednesday</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	18 Try some squats today. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	19 Check your cars washer fluid levels. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	20 Take a lazy day. Relax and refocus. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>
21 Repeat the monthly motto 5 times. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	22 Clean out your wallet. Remove expired coupons. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	23 Finish a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	24 Retry a food you hated as a kid. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	25 Smile today. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	26 Let go of any negativity this week. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	27 Get some fresh air and take a walk outside. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>
28 Finish all your monthly goals! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/>	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. Tie 36. Scar 39. Erect 41. Commentator 46. Ono 47. Deanist 50. Ran 51. Gist 52. Eke 53. Eng 54. Eke 55. Seed
 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. Tie 33. Yet 34. Arm 35. Score 37. Cornan 38. Among 40. Roles 42. Edge 43. Nell 44. Task 45. Ants 48. SSE 49. Ted

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

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2. What has one eye,
but can't see?

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?**

mm

YOUR MONTHLY MOTTO:

"Find the
positive"

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.



**WELLNESS
CALENDAR**

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@ Instagram@Dunk247



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 Write out your monthly goals. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	02 Get outside for some fresh air. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	03 Take some time to reflect today. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	04 Trouble drinking water? Take a sip every time you check your phone. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 ☾ Fish Friday! <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 Book a dentist appointment. <i>National Dentist Day</i> <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
07 Unplug and reset. Can you go a day without your devices? <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	08 Try a new fruit for the new week. <i>Commonwealth Day</i> <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Repeat the monthly motto 5 times. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Have you checked your computer security programs? <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 Try a comforting bowl of soup. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 Write down special events you need to remember. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 ● Check out a local shop you have never been to. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
14 Meal prep for the week. <i>Daylight Savings Time</i> <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 Take the stairs today. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 Send a positive note to someone today. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 Wear all green for St. Patrick's day. <i>St. Patrick's Day</i> <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 Check your work station for proper ergonomics. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Have you completed a monthly goal yet? <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 Take a deep breath to let go of any negativity. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
21 ☾ Try an old family recipe. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 Try adding some fruit to your water. <i>World Water Day</i> <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 Exercise at anytime, like bicep curls in the coffee line. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 Follow someone who inspires you. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 Regularly sanitize your phone. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Reflect on one highlight from the week! <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 Look through photos. Remember the good. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
28 ○ Evaluate your sleeping habits. Are you getting enough sleep? <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 Finish all your monthly goals! <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Eat protein at each meal. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	31 Do something fun to de-stress. <input type="checkbox"/> ☾ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	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 towel. 3. A needle. 4. Seven. 5. 188- 6. An egg. 7. David.

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M^M

YOUR MONTHLY MOTTO:

"You don't have to wait to be confident"



My Monthly Goals:

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



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		8	2			9		3
3	4	2		9	5			7
1	9	7						4
		5	3	1	2	4	7	9
2				7	4	5		
	2				1			5
	7				6	8	9	1
8			4	3		7		6

Allow your mind to get some rest after a long day at work with this month's Sudoku activity seen above. 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
<p>The month is full of tips to help you live the monthly motto (M^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.</p>				<p>01</p> <p>Write out your goals for this month.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>02</p> <p>No meat today. Find a vegetarian dish you love.</p> <p>Good Friday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>03</p> <p>Buy some flowers to brighten your day.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>04</p> <p>Switch to non-toxic household cleaning products.</p> <p>Easter Sunday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>05</p> <p>Start your day with a hearty breakfast.</p> <p>Easter Monday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>06</p> <p>Only take the stairs today. (If applicable)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>07</p> <p>Did you floss today?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>08</p> <p>Make sure to get enough sleep, by going to bed early.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>09</p> <p>Get at least 30 minutes of sun today.</p> <p>Vimy Ridge Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>10</p> <p>Check your body language. (Ex. Stand up straight, make eye contact)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>11</p> <p>Focus on all the ways it can go right instead of wrong.</p> <p>National Pet Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>12</p> <p>Have you finished a goal yet?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>13</p> <p>Take pride in your achievements.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>14</p> <p>Eat the rainbow. With every meal include a colour of the rainbow.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>15</p> <p>Make sure to take deep breaths.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>16</p> <p>Appreciate all the things your body does for you.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>17</p> <p>Check your inner monologue and replace and negativity.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>18</p> <p>Meal prep for the week ahead.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>19</p> <p>Talk a long walk. You can never go wrong with fresh air and exercise.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>20</p> <p>Be present.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>21</p> <p>Repeat the monthly motto 5 times.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>22</p> <p>Eat a fatty fish such as salmon.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>23</p> <p>Finish a monthly goal.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>24</p> <p>When is the last time you had a vitamin?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>25</p> <p>Use plenty of herbs and spices. The health benefits are powerful.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>26</p> <p>Avoid diets. Focus on nourishing your body instead of depriving it.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>27</p> <p>Reach out to others.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>28</p> <p>Finish all your monthly goals!</p> <p>National Superhero Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>29</p> <p>Focus on all your senses.</p> <p>International Dance Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>30</p> <p>Find a new skill you want to learn. (Ex. Playing piano)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	

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

Answers From Top Left to Bottom Right: First Square: 5, 6, Second Square: 4, 7, 1, 8, 6, 3, Third Square: 1, 6, 8, 2, 5, Fourth Square: 6, 8, 7, 3, 4, 1, 9, Fifth Square: 9, 5, 8, 6, Sixth Square: 1, 6, 2, 3, 8, Seventh Square: 9, 6, 4, 3, 5, 1, Eighth Square: 7, 8, 5, 2, 9, Ninth Square: 3, 4, 2.

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

f Facebook@Systems247
in LinkedIn@Systems 24-7
@ Instagram@Dunk247

SYSTEMS24-7

www.systems24-7.com

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.



WELLNESS CALENDAR

Facebook@Systems247
 LinkedIn@Systems 24-7
 Instagram@Dunk247



www.systems24-7.com

1
 4
 Compliments

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

3
 F F
 I I
 R
 E 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.

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

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

mM

YOUR MONTHLY MOTTO:

"Wake Up With Determination"

24/7 Wellness

My Monthly Goals:

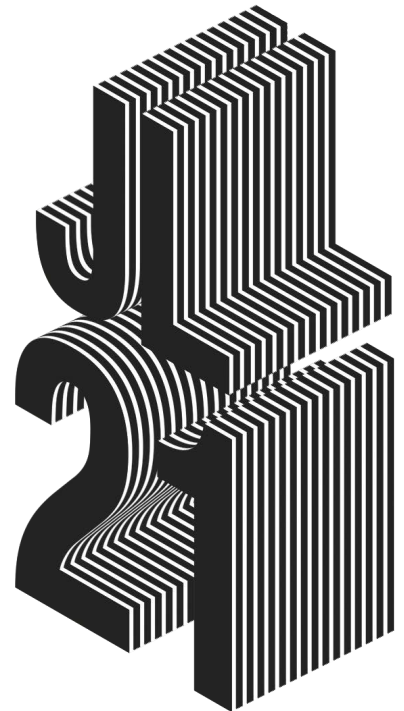
- 1 _____
 - 2 _____
 - 3 _____
 - 4 _____
 - 5 _____
- Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.

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> <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	02 Write out your monthly goals. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	03 Try barbecuing some zucchini and eggplant. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000
04 Unplug. Try to go the whole day without checking your devices. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	05 Start your day off with a hearty breakfast. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	06 Express gratitude, tell someone you are thankful for them. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	07 Support a local ice cream shop. <i>National Strawberry Sundae Day</i> <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	08 Have you finished a goal yet? <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	09 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	10 Exercise in the pool today. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000
11 Help a friend with their wellness journey and share some tips you've learned. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	12 Start a new hobby. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	13 Remember we all make mistakes. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	14 Journal. Write it out to clear your mind. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	15 Draw something. It can increase your creativity while relieving stress. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	16 Keep track of your spending and see what costs you can cut down on. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	17 Enjoy some car karaoke. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000
18 Check expire dates on condiments in your fridge. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	19 Laugh. Big belly laughs. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	20 Stop comparing your life to others. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	21 Get ready everyday. Look good, feel good. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	22 Enjoy the little things. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	23 Create positive change. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	24 Pay for someone in the line behind you. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000
25 Walk around the block and enjoy all the pretty flowers. <i>National Parent's Day</i> <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	26 Instead of three big meals. Eat more mini meals throughout the day. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	27 There are teas to help with anything. Find which will work best for you. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	28 Remove distractions. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	29 Finish your monthly goals. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	30 Watch the sunset. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000	31 Get it done early to have the rest of your day free. <input type="checkbox"/> 3 <input type="checkbox"/> mM <input type="checkbox"/> 0000

☾ 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?

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

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

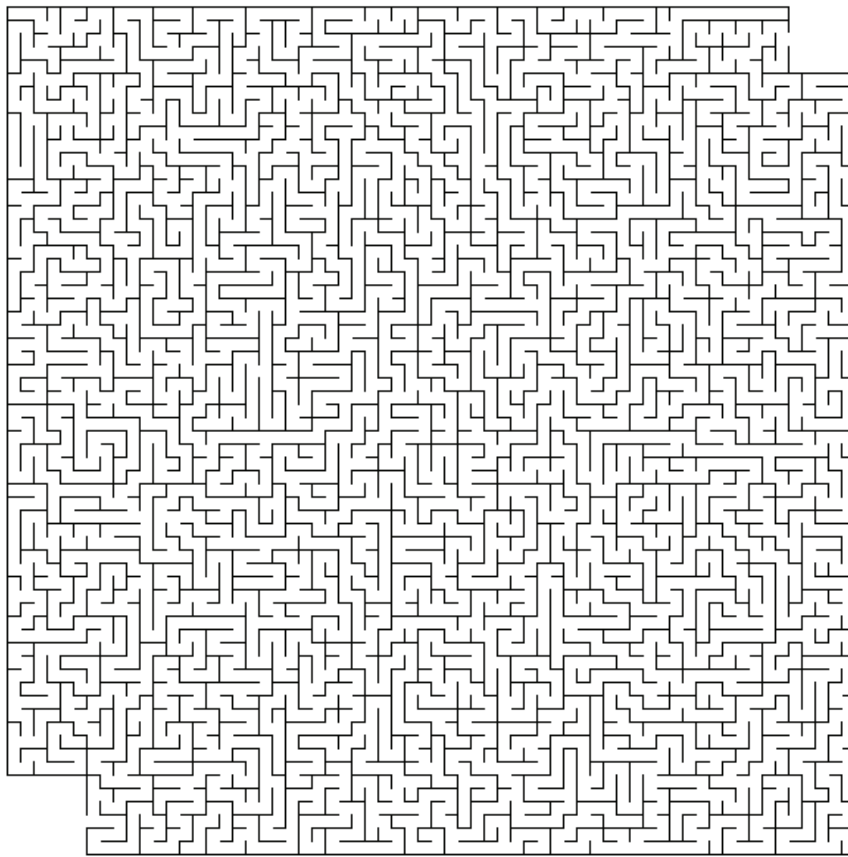
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mm

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

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



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mM

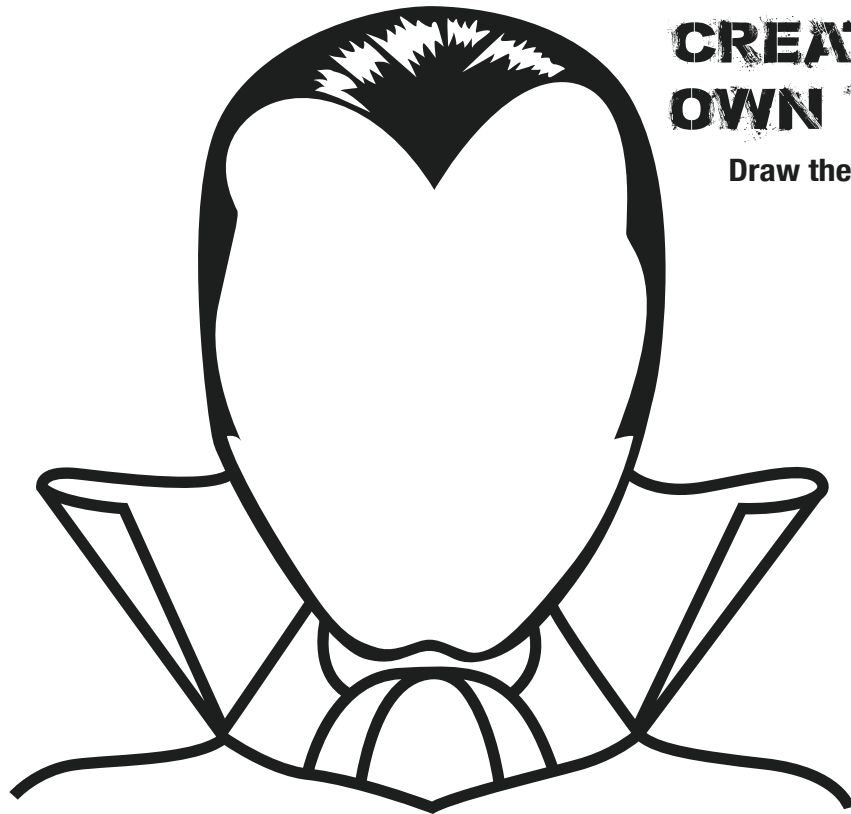
YOUR MONTHLY MOTTO:

“Just Breathe”

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.



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

ISETFSN _____

SLCIPHYA IATCVYIT _____

IARXANTOLE _____

EHLHTA _____

KANGLWI _____

SLWESELN _____

EAHHYLT NIGETA _____

OMAITNDEI _____

OTAG _____

XESIRCEE _____

RUOTIITNN _____

ETTRGHSN _____

ELSPE _____

ITILIELBFYX _____

VMTIANIOOT _____

SLGAO _____

EAHLTH _____

TLMNEA NEWLSELS _____

RTHBAEE _____

VLIE LEWL _____

MM

YOUR MONTHLY MOTTO:

"Wake Up With
Determination. Go To Bed
With Satisfaction"

24-7 Wellness

My Monthly Goals:

1 _____

2 _____

3 _____

4 _____

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

5 Canada Movement Guidelines.

Allow your mind to get some rest after a long day at work with this month's word scramble 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
	<div>01</div> <div>Write out your monthly goals.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>02</div> <div>Don't make cleaning leaves a chore. Play in them like when you were a child.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>03</div> <div>Book an appointment to get your winter tires on.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>04</div> <div>● Make some homemade soup. Freeze extra for a chilly day.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>05</div> <div>Who doesn't love a doughnut day? Treat yourself. <i>National Doughnut Day</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>06</div> <div>Eat 5 servings of fruit and vegetables.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>
<div>07</div> <div>Take advantage of the nice weather and get outside. <i>National Play Outside Day</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>08</div> <div>Check in on a neighbour to see how they are doing.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>09</div> <div>Have you completed a goal yet?</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>10</div> <div>Give yourself a compliment.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>11</div> <div>☾ Give yourself a break today. Mentally, physically and/or emotionally. <i>Remembrance Day</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>12</div> <div>You are doing a great job.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>13</div> <div>Do a random act of kindness today. <i>World Kindness Day</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>
<div>14</div> <div>Who are your role models and what qualities do you share with them?</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>15</div> <div>Make a spending budget.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>16</div> <div>Add 1000 extra steps in today.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>17</div> <div>Find a new hiking trail. <i>(Weather permitting)</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>18</div> <div>Get a goal setting buddy. Help each other accomplish your goals.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>19</div> <div>○ Take time and listen. Sometimes that's all someone needs.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>20</div> <div>Set an alarm every hour to drink water.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>
<div>21</div> <div>Stock up on healthy snacks.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>22</div> <div>Try a new warm beverage to enjoy this winter.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>23</div> <div>During commercial breaks do some jumping jacks.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>24</div> <div>Find a new book to read.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>25</div> <div>Put on music instead of the TV.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>26</div> <div>Take a selfie and say one thing you love about it.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>27</div> <div>☾ Donate something you've never used.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>
<div>28</div> <div>Visit a local small business. <i>Small Business Saturday</i></div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>29</div> <div>Finish your monthly goals.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>30</div> <div>Park the furthest away from your destination.</div> <div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	<div>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.</div>			

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

Answers: Left: Fitness, Physical Activity, Relaxation, Athlete, Walking, Wellness, Healthy Eating, Meditation, Yoga, Exercise, Right: Nutrition, Strength, Sleep, Flexibility, Motivation, Goals, Health, Mental Wellness, Breathe, Live Well



WELLNESS CALENDAR

f Facebook@Systems247

in LinkedIn@Systems 24-7

@ Instagram@Dunk247



www.systems24-7.com

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

f Facebook@Systems247
in LinkedIn@Systems 24-7
@ Instagram@Dunk247



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

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>01</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>02</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>03</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>04</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>05</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>06</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>07</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>08</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>09</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>10</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>11</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>12</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>13</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>14</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>15</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>16</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>17</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>18</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>19</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>20</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>21</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>22</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>23</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>24</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>25</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>26</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>27</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>28</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>29</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>30</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>31</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