

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:

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

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



WELLNESS CALENDAR

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



www.systems24-7.com