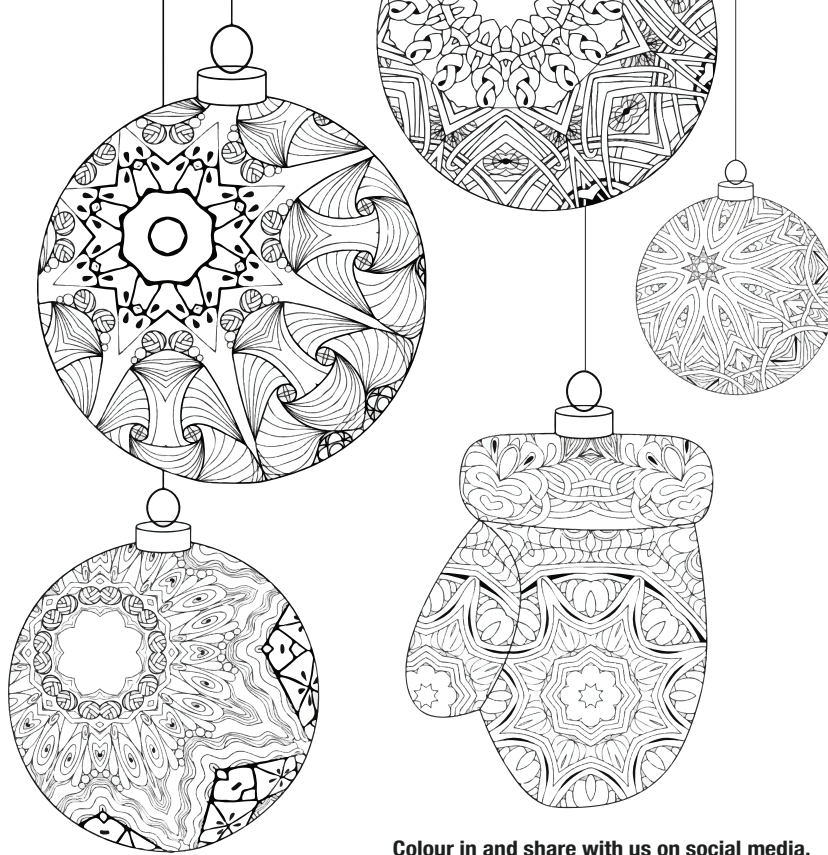


# 2022 NOVEMBER DECEMBER



Colour in and share with us on social media.

**MM**  
**YOUR MONTHLY MOTTO:**  
 "Be Merry and Bright"  
 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
<b>Webinar Legend:</b> To register for this months' webinars, visit <a href="http://systems24-7.com">systems24-7.com</a> ▲ Public Webinar ● Systems 24-7 Related Webinar ■ Excellence program Hot Topic Webinar ★ Excellence program Guidance and Instructional Webinar				<b>01</b> Start your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>02</b> Make your own cards to mail out for the holiday. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>03</b> Keep your stress levels in check. Step back if you have to. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○
<b>04</b> Build a snowman. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>05</b> Set realistic expectations for the holiday. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>06</b> Keep your healthy habits on track even with the holiday coming. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>07</b> ▲ Take 15 minutes of quiet time. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>08</b> Go walking, whether it's outside, at the gym or a mall. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>09</b> Get some relaxing holiday scents. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>10</b> Call a friend you haven't talked to in awhile. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○
<b>11</b> Slow down and take a deep breath. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>12</b> Work on a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>13</b> ■ Tell someone how you are feeling. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>14</b> Volunteer at an animal shelter. There are less dog walkers in the winter. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>15</b> Have a gingerbread house competition at work or at home. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>16</b> When is the last time you sanitized your phone and work space? <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>17</b> Drive around to see all the pretty Christmas lights. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○
<b>18</b> Get in at least 1000 steps today. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>19</b> Have a protein packed meal. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>20</b> Work on a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>21</b> Set a timer to get up every hour and stretch. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>22</b> Listen to your body. If you're tired, rest. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>23</b> Make some holiday baked goods. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>24</b> Watch your favourite Christmas movie. Christmas Eve <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○
<b>25</b> Make memories. Christmas Day <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>26</b> Just relax. Boxing Day <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>27</b> Finish your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>28</b> Enjoy some seasonal fruit. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>29</b> Reflect on the year and everything you have accomplished. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>30</b> Limit your sugar in take. <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○	<b>31</b> Come up with one resolution for next year. New Year's Eve <input type="checkbox"/> ☞ <input type="checkbox"/> MM ○○○○
<p><b>Grayed out days are office closure or hour changes.</b></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> <p>Want to be featured in our newsletter? Share your completed activity with us on social media, or email it in to <a href="mailto:communications@systems24-7.com">communications@systems24-7.com</a>.</p>						