

SEPTEMBER 2022

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	4			2		1		6
4	2		8	6	7			
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9		5		3			6	
	7			5	1			3
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mm
YOUR MONTHLY MOTTO:
 "Keep it colourful"
 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
Webinar Legend: To register for this months' webinars, visit systems24-7.com ▲ Public Webinar ● Systems 24-7 Related Webinar ■ Excellence program Hot Topic Webinar ★ Excellence program Guidance and Instructional Webinar				Start your monthly goals. ☐ ☑ mm ☐☐☐☐	Eat the rainbow, different colours deliver different nutrients. ☐ ☑ mm ☐☐☐☐	Wake up early to see the sunrise. ☐ ☑ mm ☐☐☐☐
04 Celebrate the last days of summer. ☐ ☑ mm ☐☐☐☐	05 Try meditating. Labour Day ☐ ☑ mm ☐☐☐☐	06 The cooler weather doesn't mean you should stop wearing sunscreen. ☐ ☑ mm ☐☐☐☐	07 Look into your family health history. ☐ ☑ mm ☐☐☐☐	08 Add some good fats in your diet. (ex. Salmon, Nuts, avocados, etc.) ☐ ☑ mm ☐☐☐☐	09 Celebrate a small win at work. ☐ ☑ mm ☐☐☐☐	10 Avoid social media all day. ☐ ☑ mm ☐☐☐☐
11 Check your finances at the end of the day and create a spending budget. ☐ ☑ mm ☐☐☐☐	12 Adjust your room lighting with the season change. ☐ ☑ mm ☐☐☐☐	13 Work on a monthly goal. ☐ ☑ mm ☐☐☐☐	14 Book an eye exam. ☐ ☑ mm ☐☐☐☐	15 Invite a friend to a painting class. ☐ ☑ mm ☐☐☐☐	16 When is the last time you sanitized your phone and work space? ☐ ☑ mm ☐☐☐☐	17 Buy a night time humidifier to try for a better sleep. ☐ ☑ mm ☐☐☐☐
18 Eat a red fruit and veggie with every meal today. ☐ ☑ mm ☐☐☐☐	19 Take breaks throughout the day to clear your mind. ☐ ☑ mm ☐☐☐☐	20 Clean out your fridge and throw away anything expired. ☐ ☑ mm ☐☐☐☐	21 Watch an old movie you used to love. ☐ ☑ mm ☐☐☐☐	22 Carry healthy snacks with you. ☐ ☑ mm ☐☐☐☐	23 Work on a monthly goal. ☐ ☑ mm ☐☐☐☐	24 Avoid wearing any black today to brighten your mood. ☐ ☑ mm ☐☐☐☐
25 Go for a hike to see the colours of fall start to come. ☐ ☑ mm ☐☐☐☐	26 Book a fall photo shoot, you'll have more fun than you think. ☐ ☑ mm ☐☐☐☐	27 Have a bowl of your favourite soup. ☐ ☑ mm ☐☐☐☐	28 Finish your monthly goals. ☐ ☑ mm ☐☐☐☐	29 Stock up your medicine cabinet for the fall colds that may come. ☐ ☑ mm ☐☐☐☐	30 Give someone a compliment on a job well done. ☐ ☑ mm ☐☐☐☐	Grayed out days are office closure or hour changes.

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.

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.