

2022 FEBRUARY SYSTEMS WELLNESS

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

MM
YOUR MONTHLY MOTTO:
 "Keep it colourful"

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				01 Start your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	02 Eat the rainbow, different colours deliver different nutrients. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	03 Wake up early to see the sunrise. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
04 Celebrate the last days of summer. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 Try meditating. Labour Day <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 The cooler weather doesn't mean you should stop wearing sunscreen. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	▲07 Look into your family health history. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	08 Add some good fats in your diet. (ex. Salmon, Nuts, avocados, etc.) <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Celebrate a small win at work. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Avoid social media all day. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11 Check your finances at the end of the day and create a spending budget. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 Adjust your room lighting with the season change. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	■13 Work on a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 Book an eye exam. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 Invite a friend to a painting class. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 When is the last time you sanitized your phone and work space? <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 Buy a night time humidifier to try for a better sleep. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
18 Eat a red fruit and veggie with every meal today. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Take breaks throughout the day to clear your mind. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 Clean out your fridge and throw away anything expired. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	▲21 Watch an old movie you used to love. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 Carry healthy snacks with you. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 Work on a monthly goal. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 Avoid wearing any black today to brighten your mood. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
25 Go for a hike to see the colours of fall start to come. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Book a fall photo shoot, you'll have more fun than you think. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 Have a bowl of your favourite soup. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 Finish your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 Stock up your medicine cabinet for the fall colds that may come. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Give someone a compliment on a job well done. <input type="checkbox"/> ☞ <input type="checkbox"/> MM <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Grayed out days are office closure or hour changes. <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. 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 .						