

2022 REBUILT COSTS



Get a head start on your pumpkin carving and draw your design here.

mm

YOUR MONTHLY MOTTO:

“Time flies when you’re having fun”

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
<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 communications@systems24-7.com.</p>						<p>01</p> <p>Have a camping trip while the weather isn't too cold.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>
<p>02</p> <p>Write your monthly goals.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>03</p> <p>Add some citrus to your meal.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>04</p> <p>Buy a festive candle that makes you happy.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>05</p> <p>Go a whole day without checking social media.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>06</p> <p>Skip the office donuts and bring in a fruit tray.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>07</p> <p>Tell someone you are grateful to have them in your life.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>08</p> <p>Prioritize your sleep schedule.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>
<p>09</p> <p>Help others and donate food to a food bank.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>10</p> <p>Relax and enjoy the holiday.</p> <p>Thanksgiving</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>11</p> <p>Have a game night.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>12</p> <p>Work on a monthly goal.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>13</p> <p>Go apple picking and make a homemade pie.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>14</p> <p>Don't be afraid to say "no".</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>15</p> <p>Go for a fall walk and collect the all the different fall colour leaves.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>
<p>16</p> <p>Go out for breakfast at your favourite breakfast spot.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>17</p> <p>Have an at home dance party.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>18</p> <p>Rearrange a room for a fresh start.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>19</p> <p>Avoid having any carbs during dinner.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>20</p> <p>Start thinking about your holiday budget.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>21</p> <p>Have a bonfire and make some s'mores. (Weather permitting)</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>22</p> <p>Visit a local pumpkin patch.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>
<p>23</p> <p>Have a pajama day.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>24</p> <p>Complete a monthly goal.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>25</p> <p>Decorate for Halloween or drive around to see the decorated houses.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>26</p> <p>Participate at work.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>27</p> <p>Ditch the coffee and have some hot cocoa instead.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>28</p> <p>Eat an orange fruit or veggie with every meal today.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>29</p> <p>Buy only peanut free candy for trick or treaters.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>
<p>30</p> <p>Make your own costume this Halloween.</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>31</p> <p>Have an office costume party.</p> <p>Halloween</p> <p><input type="checkbox"/> <input type="checkbox"/> mm <input type="checkbox"/></p>	<p>Webinar Legend: To register for this months' webinars, visit systems24-7.com</p> <p>▲ Public Webinar ● Systems 24-7 Related Webinar ■ Excellence program Hot Topic Webinar ★ Excellence program Guidance and Instructional Webinar</p>				