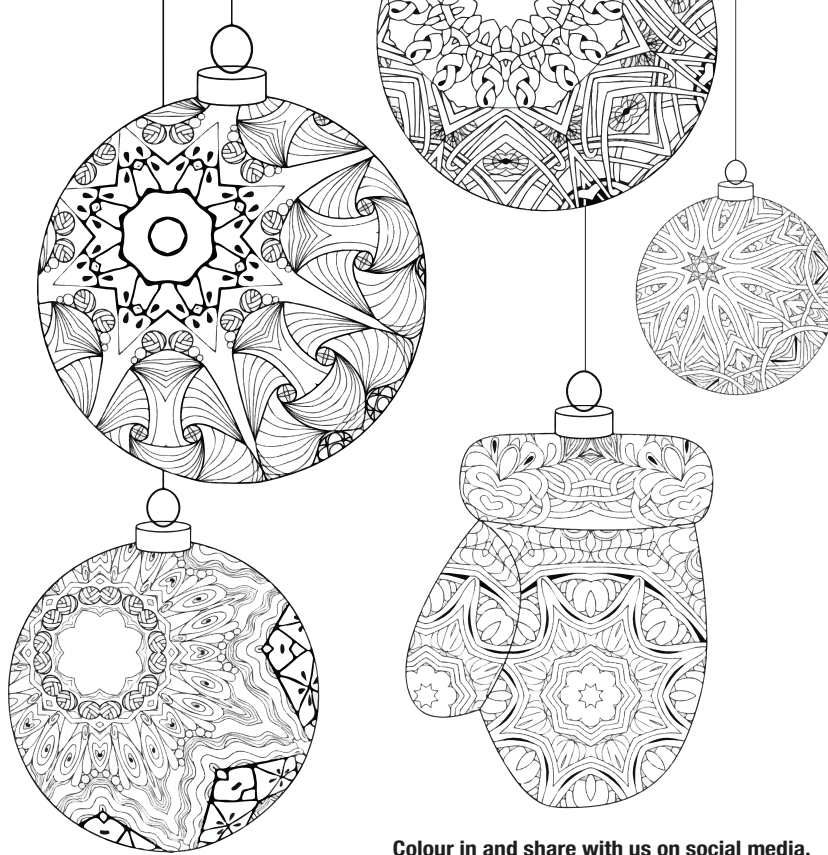


2022 DECEMBER



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
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 ☐☐☐☐	Make your own cards to mail out for the holiday. ☐ ☑ ☐ MM ☐☐☐☐	Keep your stress levels in check. Step back if you have to. ☐ ☑ ☐ MM ☐☐☐☐
Build a snowman. ☐ ☑ ☐ MM ☐☐☐☐	Set realistic expectations for the holiday. ☐ ☑ ☐ MM ☐☐☐☐	Keep your healthy habits on track even with the holiday coming. ☐ ☑ ☐ MM ☐☐☐☐	Take 15 minutes of quiet time. ☐ ☑ ☐ MM ☐☐☐☐	Go walking, whether it's outside, at the gym or a mall. ☐ ☑ ☐ MM ☐☐☐☐	Get some relaxing holiday scents. ☐ ☑ ☐ MM ☐☐☐☐	Call a friend you haven't talked to in awhile. ☐ ☑ ☐ MM ☐☐☐☐
Slow down and take a deep breath. ☐ ☑ ☐ MM ☐☐☐☐	Work on a monthly goal. ☐ ☑ ☐ MM ☐☐☐☐	Tell someone how you are feeling. ☐ ☑ ☐ MM ☐☐☐☐	Volunteer at an animal shelter. There are less dog walkers in the winter. ☐ ☑ ☐ MM ☐☐☐☐	Have a gingerbread house competition at work or at home. ☐ ☑ ☐ MM ☐☐☐☐	When is the last time you sanitized your phone and work space? ☐ ☑ ☐ MM ☐☐☐☐	Drive around to see all the pretty Christmas lights. ☐ ☑ ☐ MM ☐☐☐☐
Get in at least 1000 steps today. ☐ ☑ ☐ MM ☐☐☐☐	Have a protein packed meal. ☐ ☑ ☐ MM ☐☐☐☐	Work on a monthly goal. ☐ ☑ ☐ MM ☐☐☐☐	Set a timer to get up every hour and stretch. ☐ ☑ ☐ MM ☐☐☐☐	Listen to your body. If you're tired, rest. ☐ ☑ ☐ MM ☐☐☐☐	Make some holiday baked goods. ☐ ☑ ☐ MM ☐☐☐☐	Watch your favourite Christmas movie. Christmas Eve ☐ ☑ ☐ MM ☐☐☐☐
Make memories. Christmas Day ☐ ☑ ☐ MM ☐☐☐☐	Just relax. Boxing Day ☐ ☑ ☐ MM ☐☐☐☐	Finish your monthly goals. ☐ ☑ ☐ MM ☐☐☐☐	Enjoy some seasonal fruit. ☐ ☑ ☐ MM ☐☐☐☐	Reflect on the year and everything you have accomplished. ☐ ☑ ☐ MM ☐☐☐☐	Limit your sugar in take. ☐ ☑ ☐ MM ☐☐☐☐	Come up with one resolution for next year. New Year's Eve ☐ ☑ ☐ MM ☐☐☐☐
<p>Grayed out days are office closure or hour changes.</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 communications@systems24-7.com.</p>						