

24-7 Wellness December 2019

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**WELLNESS
ONE DAY
AT A TIME**

Use this calendar to follow along with daily goals and weekly wellness challenges! Check off when you have met a daily goal or weekly challenge. Be sure to tag us on instagram or facebook using #dunkwellness2019 or even send us an email showing that you have completed the challenge for the day!

Presented by Systems 24-7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Set REALISTIC GOALS and expectations for holiday activities, gift giving, entertaining and sending holiday cards.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>2 Many people feel strapped for cash during the holiday season. Set a BUDGET and stick to it.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>3 Stick to a HEALTHY SLEEP SCHEDULE, even over the holidays. Healthy sleep habits are vital for mental health and overall wellness.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>4 Do a fun INDOOR HOLIDAY ACTIVITY -make a gingerbread house, watch a festive movie, or get crafty.</p> <p>Share with us <input type="checkbox"/> Challenge Completed! f in @</p>	<p>5 Frostbite and hypothermia are ever present dangers during the winter so remember to BUNDLE UP before you go outside.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>6 Make sure you put your EMERGENCY KIT in the trunk of your car for the winter season. Don't have one? You can find them at many hardware stores or your local Walmart.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>7 Plan a fun HOLIDAY GET TOGETHER. Spending time with people you love is just as good as any gift.</p> <p><input type="checkbox"/> Goal Achieved!</p>
<p>8 Make SEASONAL CRAFTS to decorate your house. Wreathes, ornaments, holiday plants -whatever you enjoy!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>9 When you get up in the morning, immediately get a glass of cold WATER. It will help you wake up much more quickly.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>10 CLOSE VENTS in rooms that you don't use. This will save on heating costs and heat your home more efficiently.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>11 Don't want to decorate for the holiday season? Try REARRANGING your room to maximize natural light!</p> <p>Share with us <input type="checkbox"/> Challenge Completed! f in @</p>	<p>12 Before working out, remember to WARM UP first. Do a 10-minute warm up prior to working out to reduce your chance of injury.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>13 The holidays can be stressful. Make sure that you schedule some ME TIME. Read a book, watch the snow fall, catch up on some TV, etc.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>14 Check out a HOLIDAY MARKET. Shop local crafts and enjoy some festive food!</p> <p><input type="checkbox"/> Goal Achieved!</p>
<p>15 Use time off over the holidays to get ORGANIZED! Get it done by January 1st for a fresh start in the new year.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>16 Don't want to spend time with your family this holiday season? Start a NEW TRADITION with friends and mix things up!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>17 Try to MAKE some presents instead of buying -saves money and makes gifts more personal.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>18 Sometimes the holiday season can be overwhelming. Make a TO-DO LIST to keep things simple.</p> <p>Share with us <input type="checkbox"/> Challenge Completed! f in @</p>	<p>19 Try SOMETHING NEW. Is there's something you've wanted to do but have never had time for? Schedule it over the holidays and make it happen!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>20 Sometimes hydration alone isn't enough to combat that cold, dry skin. Try using some LOTION on your hands to avoid getting painful, cracked skin.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>21 Today is NATIONAL CROSSWORD PUZZLE DAY. Curl up with a fun crossword puzzle today. We've even provided one for you for this month's wellness activity.</p> <p><input type="checkbox"/> Goal Achieved!</p>
<p>22 Do some HOLIDAY BAKING!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>23 VOLUNTEER at a food kitchen.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>24 Get outside and enjoy some FRESH AIR and holiday lights!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>25 Merry Christmas! Remember to eat and drink in MODERATION.</p> <p>Share with us <input type="checkbox"/> Challenge Completed! f in @</p>	<p>26 Don't feel like fighting the boxing day crowds? Try ONLINE SHOPPING instead!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>27 WARM yourself with a cup of tea or hot chocolate.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>28 Add garlic, ginger, turmeric, and citrus fruits to your diet to BOOST your immune system.</p> <p><input type="checkbox"/> Goal Achieved!</p>
<p>29 PLAY in the snow. Not only is it fun, it's a great form of exercise!</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>30 Celebrate your ACHIEVEMENTS for the year. Write down your strengths and let yourself feel proud.</p> <p><input type="checkbox"/> Goal Achieved!</p>	<p>31 HAPPY NEW YEAR! Be safe tonight and make a plan ahead of time to ensure that you have a safe ride and a safe place to sleep!</p> <p><input type="checkbox"/> Goal Achieved!</p>				