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| **MC July - December 2012 PWP Quarterly Theme Focus [weight management, improving fitness, better nutrition, cancer risk reduction, stress reduction]** | | | | | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | | | **September** | | | **October** | | **November** | | | **December** | |
| **INDIVIDUAL** | | | | | | | | | | | | | | | |
| **Consultations** | One-on-One Consultations with on-site | | | | | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] | | | | | | | | | | | | | | |
| **PWP** | Feb/Mar 2013 | | | | | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | | | | | |
| **Exercise Class/Series** | Walking Group | | | | | | | | | | | | | |  |
| **Lunch n’ Learns** |  | | |  | | | | Fall in to You | |  | |  | | |  |
| **Webinar** |  | | | | | | | | | | | | | | |
| **Workshop Series** |  | | |  | | | |  | |  | |  | | |  |
| **Group Challenge**  **[team]** |  | | |  | | | |  | |  | |  | | |  |
| **Virtual Challenge**  **[team]** | TBA | | | | | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | | | | | |
| **Kiosk / Poster Display** |  | | Sun Sense | | | |  | |  | | Holiday Tips | | |  | |
| **POD Posters** |  | | | |  | | | |  | | | |  | | |
| **Sleeve Posters** |  | | | | | | | | | | | | | | |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks | | | | | | | Fitting Fitness in this Fall | | | | Healthy Holidays | | | |
| **Walk Around** | Hydration | | |  | | | |  | | Spot Check | |  | | |  |
| **Promotion**  **[on-site event]** | Yogurt Parfait | | |  | | | |  | |  | |  | | |  |
| **Wellness Challenge**  **[Individual]** | Water Challenge | | |  | | | |  | | TBA | |  | | | Stay Active Over Holidays |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | | | | | |
| **Health Fair** | September 4 Week Fall into the New You Wellness Series | | | | | | | | | | | | | | |
| **Corporate Reporting** | Snap Shot | | |  | | | |  | |  | |  | | | Progression |