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| **Company Name: Pinnacle Consultants Inc** | **Jan – July 2013** |
| **Initiative** | **Jan** | **Feb** | **March** | **April** | **May** | **June** |
| **Consultations** | One-on-One Consultations on-site  |
| **Individual**  | Virtual Online Profile and Wellness Tracking, Calendar of Events |
| **Newsletter** | Ongoing Monthly Newsletters |
| **Individual Challenges** |  | PWP campaign |  |
| **Kiosks/Posters** |  | PWP poster |  |
| **Lunch n’ Learn/Lunch event** |  | Eating for Optimal Energy – May 6 12:00 |  |
| **Group Wellness Challenge** |  | Healthy Lifestyle Poker – Mar 11 - 28 |  | Pedometer challenge – Apr 15 – May 24 (6 weeks) |  |
| **Walk Around or Awareness Campaign** |  | PWP walkabout |  | Smoothie Day – Apr 8 9:00 set up; 10:00 mtg | Healthy Snacks | Golf stretches  |
| **Group Exercise Classes** |  | Noon hour exercise classes |
| **Email Campaign** |  |
| **Corporate Reporting** |  |