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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** |  | | | | | | | | | | | | | | | | | | |