



cuttersstudios <small>new york • chicago • los angeles • detroit • tokyo</small>		Quarterly Summary			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Programming Initiatives		Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments
		Snooze or Lose Challenge Jan. 1-22 (2 participants) Flex your Flexibility Challenge Mar. 3-31 (2 participants)	7 th Annual Strive Corporate Challenge May 7 -May 28 (3 Participant)		
		No Presentations this Quarter	Happy Traveler 5/13 (2 Viewed Live, 3 YouTube Views 3 tracked forms)		
Participation Metrics	% of Census Active	13.5% (7 active users/52 eligible employees)	21% (10 active users/48 eligible employees)		
	Completed Health Risk Assessment (HRA)	6 completions	4 completions		
	Health Hub	4 views	10 views		
	Total Points Tracked	5,987	4,184		
	Avg. Points Per User	854	418		
Rewards Points Program Winners		1. John Mroz 2. Kristen Sadlocha 3. Christopher Katitus	1. Darrell Pacania 2. Karl Rausch 3. Denise Stilson	1. 2. 3.	1. 2. 3.
		Structure: 3 Winners of a \$50 Gift Card			
		Yearly Goals Status			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Points Earned Goal 30,000		5980 20% to goal of 30,000	10,171 34% to goal of 30,000		
Portal Engagement Goal 50%		Current engagement is 13.5% of employees	Current engagement is 21% of employees - 29% to goal		
HRA Completion: Goal 50%		11.5% completed 38.5% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.	21% completed 29% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.		
Reward Points Program (RPP) Participation Goal 50%		11.5% 6/52 employees have earned 300+ points	16.6% 8/48 employees have earned 300+ points		
Upcoming Initiatives & Goals		• Happy Traveler Presentation • Strive Corporate Challenge + Communication Campaign	• One Month Madness September		
		• Portal Revamp Marketing Campaign • Executive Review + Strategy Discussion • Monthly Census Updates	• Continue sending Denise Flyers about upcoming events		



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> GUT HEALTH: 2/26, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
<ul style="list-style-type: none"> SNOOZE OR LOSE: 1/7-1/22 		<ul style="list-style-type: none"> FLEX YOUR FLEXIBILITY: 3/3-4/2
		<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q1 POINTS DUE: 3/31
APRIL	MAY	JUNE
<ul style="list-style-type: none"> EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28 	<ul style="list-style-type: none"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> THE HEALTHY TRAVELER: 5/13, 12:00-1:00 PM, EST 	<ul style="list-style-type: none"> Q2 POINTS DUE: 6/30
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
		<ul style="list-style-type: none"> ONE MONTH MADNESS: 9/1-9/30
		<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q3 POINTS DUE: 9/30
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> GRATITUDE CHALLENGE: 11/3-11/24 	<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> FEEDING YOUR MICROBIOME: 11/7, 12:00-1:00 PM, EST 	<ul style="list-style-type: none"> Q4 POINTS DUE: 12/31

Kapnick Strive Resources

	URL:	About:
Strive Library	info.kapnick.com/strive-library	Offers a comprehensive array of complimentary assets, including monthly wellness newsletters and webinars, quarterly meditation sessions, and much more.
Health Hub	info.kapnick.com/cuttersstudios	The Health Hub is where you can find all things health and wellness – no account required. Access your insurance and benefit providers, Kapnick Strive resources, and educational materials all in one place.
Kapnick Strive Wellness Portal	kapnickstrive.com	A comprehensive platform offering a diverse array of tools and resources designed to support individuals in reaching their optimal state of well-being. It includes features such as wellness challenges, informative presentations, a health risk assessment (HRA), engagement tools, a health and wellness library, tracking functionalities, a reward points program, and personalized health reports.
Site Contact Resource Portal	https://info.kapnick.com/cuttersstudiossitecontact	A one-stop-shop for you! You'll be able to access all things Strive-related, from your Wellness Calendar, to quarterly Pulse Checks, Executive Reviews, and more.
Frequently Asked Questions (FAQ)	info.kapnick.com/strivefaq	Find answers to commonly asked questions regarding the various services Kapnick Strive provides.