YOUR
LOGO

**COMPANY NAME**

WELLNESS PROGRAM PROPOSAL

Prepared by:

**[Client Name]**

**[Contact information]**

**[Date]**

# Introduction

Thank you for considering [Your Company Name] for your wellness program needs. We design and deliver customized wellness programs that promote holistic health, increase employee engagement, and support long-term behavior change.

This proposal outlines our plan to implement a comprehensive wellness initiative for [Client Name / Organization].

# Program Goals

[Client Name / Organization] seeks to improve health outcomes, reduce stress, and foster a culture of well-being through structured wellness activities and resources.

# Proposed Solution

We propose a workplace wellness program that includes education, movement, mental health support, and lifestyle coaching.

Key Benefits:
- Improved employee morale and productivity
- Reduced absenteeism and healthcare costs
- Positive workplace culture and retention

# Scope of Work

Our wellness program includes:

- Initial needs assessment and planning
- Monthly wellness workshops or webinars
- Group fitness or movement sessions
- Mental health resources and coaching
- Incentive programs and wellness tracking

# Timeline

Estimated schedule for wellness program rollout:

|  |  |  |
| --- | --- | --- |
| Phase | Description | Estimated Date |
| Assessment | Employee survey and planning | [Start Date] |
| Program Launch | Kickoff workshop and materials | [Launch Date] |
| Ongoing Delivery | Monthly events and activities | [Ongoing] |
| Program Evaluation | Review participation and outcomes | [Completion Date] |

# Pricing

Estimated investment for program delivery and support:

|  |  |  |
| --- | --- | --- |
| Service | Description | Cost |
| Workshops | Monthly live or virtual sessions | [Amount] |
| Fitness Classes | Group movement sessions | [Amount] |
| Wellness Coaching | One-on-one support | [Amount] |
| Program Admin | Management and tracking tools | [Amount] |
| Total |  | [Total] |

# About Our Company

[Your Company Name] has [X] years of experience delivering health and wellness services to businesses and communities.

- Services: Wellness coaching, fitness classes, workshops, corporate health programs
- Team: Certified health educators, trainers, and counselors
- Mission: To empower individuals and teams to thrive through wellness

# Case Studies / Testimonials

Case Study: [Company Name]

- Project: 6-month wellness program for 100 employees
- Outcome: Increased employee satisfaction, 25% participation in fitness sessions

Testimonial:
“[Your Company Name] helped us energize our culture. Their programs were engaging and easy to roll out.” — [Client Name]

# Terms and Conditions

Payment Terms: Monthly or quarterly billing.
Customization: Program structure can be adapted to organization needs.
Confidentiality: All personal wellness information remains private.
Minimum Participation: Programs require a minimum number of enrolled participants to launch.

# Acceptance

To approve this wellness program proposal and begin implementation, please sign below.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Name: [Authorized Representative’s Name]
Title: [Title]
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_