

# NWP Wellness Passport

[www.nwpwellness.org](http://www.nwpwellness.org)

April, May, & June 2019

[Click here for passport guidelines!](#)

Complete 4 categories and choose one of the following: Oregon Zoo Family membership, \$150 REI gift card, \$150 added onto your paycheck!!!

Please click on the colored buttons to see guidelines for completing each activity

## Physical

Complete one of the following:

40 minutes of activity, 5 times a week

Log 400,000 steps using an activity tracker

Participate in an organized fitness related event

Pray

Give gratitude

Practice meditation or metta

## Spiritual/Emotional

Complete one of the following:

Practice yoga, Pilates, or tai chi

## Occupational

Complete one of the following:

BAWG, Board, and Beer - June 11

Personality/Strengths Test

NWP Governance 101

Earth Day – April 20

Pride Parade – June 16

Group Run in Forest Park – multiple dates

## Social

Complete one of the following:

## Other

Complete one of the following:

Home Emergency Kit

Emergency Prep Podcast

KPNW Emergency Preparedness Website

This passport applies to Northwest Permanente staff only.

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Submit all documentation to [nwpwellness@kp.org](mailto:nwpwellness@kp.org) or to NWP Wellness, KPB 16.