

# Northwest Permanente Wellness Passport Guidelines

January – March 2017

## **Other:** **Set 3 wellness goals**

### **Set 3 SMART Wellness Goals:**

Set 3 SMART (Specific, Measurable, Attainable, Realistic & Timely) personal wellness goals for yourself for the next few months. Your goals can be anything you want them to be! Examples: I will drink 8 glasses of water a day for the next month, I will go for a walk at lunch at least three times a week for the next four weeks, etc. Fill out the online form to receive credit for this category:

**Click here to go to the Wellness  
Goals Online Form**

Please submit all documentation to NWP Health & Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)