

# Northwest Permanente Wellness Passport Guidelines

February – March 2015

## Other Wellness Challenges: 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 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)