

# Northwest Permanente Wellness Passport Guidelines

January – March 2018

**Physical: 30 minutes of activity,  
5 times a week**

**Complete 30 minutes of activity, 5 times a week:**

Log your activity for two weeks, including dates, times and description of activities to receive credit for this category of the Wellness Passport for January-March. E-mail your activity log to: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)

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