

Northwest Permanente Wellness Passport Guidelines

January - March 2019

**Physical: 35 minutes of activity,
5 times a week**

Complete 35 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

Please submit all documentation to NWP Wellness, KPB 16
or e-mail: nwpwellness@kp.org