

# Northwest Permanente Wellness Passport Guidelines

June – August 2015

## Step Challenge: Log 400,000 Steps

### Log 400,000 Steps on Your Fitbit:

Once you get your Fitbit, sign up for an account and start logging your steps! Once you reach 400,000 steps, click on the button below to find out how to send us your documentation to earn credit for this category!

Click here for a step-by-step guide for sending  
in your step count!

Please submit all documentation to NWP Health & Wellness, KPB 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)