

# Northwest Permanente Wellness Passport Guidelines

April – May 2015

## **Step Challenge:** **Participate in “Mile a Day in May”**

### Participate in “Mile a Day in May”:

Studies say it takes about 21 to 30 days to break old habits and create new ones. A 30-day challenge allows you to build healthy habits that may stick with you for life.

Participate in “Mile a Day in May” by walking/jogging/running one mile each day in May. To receive credit for your participation, please click the button below and fill out the online form as well as include a picture from one of your “miles”:

Click here to fill out the  
“Mile a Day in May” Online Form

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