

NWP Wellness Passport

www.nwpwellness.org

April, May, & June 2018

[Click here for passport guidelines!](#)

Complete 4 categories and choose between an annual subscription to Headspace bundled with a \$50 REI gift card OR \$150 added onto your paycheck!!!

Please click on the colored buttons to see guidelines for completing each activity

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40 minutes of activity, 5 times a week

If you own an activity tracker, log 400,000 steps

Participate in an organized fitness related event

Physical

Complete one of the following:

Give gratitude

Spiritual/Emotional

Complete one of the following:

Practice meditation or metta

Practice yoga, Pilates, or tai chi

Try Headspace

Family Hike with FPC (April 14)

Volunteer for Earth Day (April 21)

Participate in any of the events offered by FPC, Oregon or Washington State Parks

Environmental

Complete one of the following:

Social

Complete one of the following:

National Walking Day (April 4)

Participate in Sunday Parkways

Have you been to the dentist in the past 12 months?

Other

Complete the following:

This passport applies to Northwest Permanente staff only.

Please submit all documentation to nwpwellness@kp.org or to NWP Health & Wellness, KPB 16.