

# NWP Wellness Passport

[www.nwpwellness.org](http://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:

All Trails Challenge

## 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](mailto:nwpwellness@kp.org) or to NWP Health & Wellness, KPB 16.