

🌟 THRIVE30 CONSISTENCY CHALLENGE



HOW IT WORKS

- ✓ Complete 5 guided THRIVE30 workouts per week.
- ✓ Track your progress using the THRIVE30 tracker (printable or digital).
- ✓ Submit a photo of your tracker at each milestone.



MILESTONE REWARDS



20 Workouts Completed (4 Weeks)

→ Earn 1 entry into a \$25 1st Phorm gift card raffle



40 Workouts Completed (8 Weeks)

→ Earn 1 entry into a \$50 1st Phorm gift card raffle



60 Workouts Completed (12 Weeks)

→ ENTERED TO EARN EXCLUSIVE PIVOT & EXECUTE SWAG!

(This swag will only be available to those who hit 60 workouts!)



HOW TO QUALIFY FOR PRIZES

Check off each completed workout on your tracker.

At the end of each 4-week period, snap a photo of your completed tracker and send it to me.

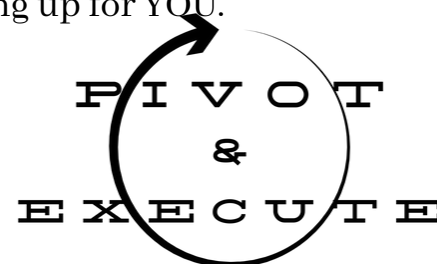
Stay consistent and hit all 60 workouts to ENTER TO EARN your P&E swag!



WHY JOIN?

This isn't about perfection—it's about building the **habit** of showing up for YOU.

- ✓ Boost energy ⚡
- ✓ Build strength 💪
- ✓ Stay accountable 🤝
- ✓ And thrive, not just survive.



THRIVE30 CONSISTENCY TRACKER

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**DROP A SWEATIE SELFIE & TURN IN WHEN ALL 20 DAYS ARE COMPLETE!
EMAIL ASHLYNN@PIVOTNEXECUTE.COM**

LEAD BY EXAMPLE, SHARE YOUR JOURNEY ON SOCIAL & TAG @PIVOTANDEXECUTE_WELLNESS

Thrive

SURVIVE

THRIVE30



- ✓ Fully guided, dumbbell-only workouts you can do anywhere
- ✓ Just 30 minutes a day, 5 days a week
- ✓ Pre-recorded so you can hit play anytime that fits your schedule
- ✓ Strength, cardio, and core – we hit it all!

💪 Whether you're just starting out or ready to level up, Thrive30 was built to help you stay consistent, get stronger, and feel unstoppable.

✨ Less than \$2 per workout and you get ME coaching you every step of the way (plus our incredible community cheering you on).

WHAT MEMBERS ARE SAYING!

Ashlynn and I were Thrive30'ing

Loving the workouts! 4/4 so far! I didn't realize that I really enjoy a video vs just music or whatever. It really does help me stay focused and push through. Thank you so much for recording them!

That was some bullshit. And right after I finished the workout I had to run to cookie cutters for Rex's haircut. I almost fell out of the car 🤔 I'm so sweaty. Thx 🥰

They actually are perfect. The pace and length is great. It's exactly what I need

