

CHALLENGE SETUP

DEADLINE 11:59PM PT, MONDAY, JULY 7, 2025



- ☐ Complete Challenge Survey.
- ☐ Challenge Buy-in Submitted (\$30) Venmo @Ashlynn-Dohman
- ☐ Coaching/Challenge Payment Made
- ☐ Take your Day 1 Photos in the 1st Phorm App (cannot upload)
- ☐ Print/Save Win the Day Sheet
- ☐ Invite Friends & Family
- ☐ Test your 1 mile, push-ups & squats in 1 min each
- ☐ Join the community!

CHALLENGE CLOSEOUT

FINAL DAY AUGUST 31, 2025

☐

Take your final photos in the 1st Phorm App 8/31!

☐

Turn in Win the day sheet with Ashlynn

☐

Complete the challenge feedback survey.

☐

Test your 1 mile, push-ups & squats in 1 min each

☐

Complete the assessment 8/31 - 9/3

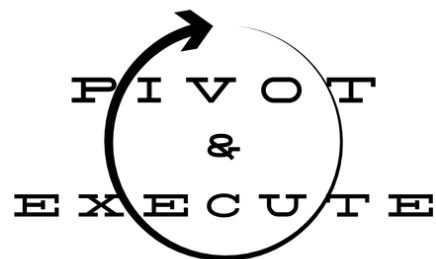
Helpful Links

ONBOARDING & MORE *SAVE ME

DAY 1 PHOTOS HOW TO

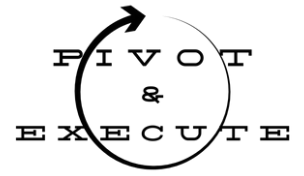
BOOKMARK APP HELP GUIDE

Message Ashlynn in the 1st Phorm app after completing the above steps.



SUMMER SWAP CHALLENGE

RESET YOUR HABITS, RECLAIM YOUR ENERGY, AND
REBUILD A ROUTINE THAT FUELS YOUR LIFE.



	P	C	NA	W	S	C
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T						
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F						
S						
S						

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ASSESSMENTS

W0 W1 W2 W3 W4 W5 W6 W7 W8 W9

WIN THE DAY

IN ORDER: P = PROTEIN, C = CALORIES, NA = NO ALCOHOL,
W= 80OZ+ WATER, S = STRENGTH/THRIVE30, C = CARDIO

GUIDES & MORE ➤



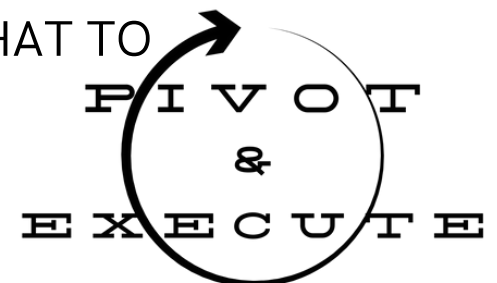
DAILY TO DOS

- LISTEN & READ APP ANNOUNCEMENTS
- TRACK FOOD
- TRACK WATER
- TRACK WORKOUTS & WALKS
- TRACK SUPPLEMENTATION
- PARTICIPATE IN THE COMMUNITY
- LISTEN TO DAILY LIVESTREAMS EDUCATION IN THE APP

WEEKLY TO DOS

◦ ON SUN OR MON OR TUE OR WED BY 12PM PT

- TAKE PHOTOS
- TAKE BODY METRICS
- WEIGHIN
- **COMPLETE ASSESSMENT QUESTIONS**
- SEND SUBJECTIVE & OBJECTIVE QS IN THE CHAT TO
ASHLYNN



NON-SCALE WINS!

Challenge yourself with endurance improvement!

Week 1 and week 8 are required, week 4 testing is recommended.

1 mile: note time completed | Pushups & Squats Complete as many reps as possible in 60 seconds per movement & note total reps per movement.

WEEK/ MOVEMENT	ONE MILE	PUSHUPS	AIR SQUATS
WEEK 1			
WEEK 4			
WEEK 8			

SEND TO ASHLYNN AT THE END OF THE CHALLENGE



Gratitude

DAY:

DATE:

Word of the day:



End of Day Evaluation

WINS

LOSSES

LESSONS



DAY:

DATE:

focus on what is right in front you!

Word of the day:

Schedule

4:00

5:00

6:00

7:00

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

