



# Positive Outcomes

With Lindsay

## Habits to Thrive Community - Foundations

Monthly Investment = \$45

### Monthly Health & Wellness Focus

- Rotating wellness theme each month (nutrition, movement, stress, sleep, hydration, etc.)
- Educational content to explain *why* it matters
- Simple worksheets to assess where you are and facilitate personalized research
- Practical habit ideas to review and assess what may work for *you*

### Monthly Group Zoom Call

- Live discussion focused on the monthly topic
- A chance to meet and chat with other members who are also dedicated to improve their health and wellness on a regular basis

### Monthly Challenge

- Fun, motivating habit-based challenges (for example, step count, hydration, movement, home-cooked meals, etc.) to encourage action, momentum, & consistency
- The winner will get publicly recognized (if permission is granted) within the group and on social media

### Additional Bonuses & Perks

- Intentional interactions with your Coach throughout each month to answer questions, send encouragement, and walk alongside you on your health & wellness journey
- 15% off ANY coaching service, programs, and challenges through Positive Outcomes
- 15% off any Thorne supplement order at any time
- 3-5 simple, nourishing recipes shared each month to support & fuel your body

## Habits to Thrive - Elite

Monthly Investment = \$89

You'll receive everything in the Foundations package, **PLUS:**

### Monthly 1:1 Coaching Call (30 Minutes)

- To talk more in depth about monthly focus, brainstorm personalized goals, prepare questions for upcoming doctors' visits, or anything else that may be helpful

### Weekly Feedback on Food & Mood Journal

- Direct Coach feedback on any journal entries, providing additional insights into food choices and lifestyle habits

### Priority Zoom Access

- The ability to submit questions ahead of the monthly group call

### Increased Discounts

- 25% off ANY coaching service, programs, and challenges through Positive Outcomes
- 25% off any Thorne supplement order at any time

### Habits to Thrive Vault

- Ongoing access to all past resources