



Thrive in 30 with JIGSAW Thornbury

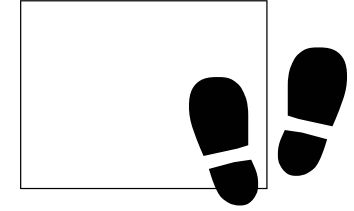


Choose your challenge. Push your limits. Make a difference in 30 days

Name		Challenge				Progress So Far
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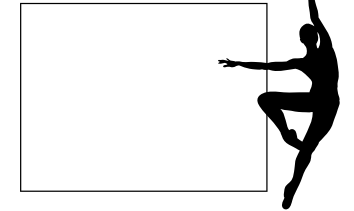
1	2	3	4	5	6
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7	8	9	10	11	12
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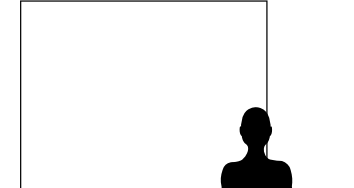
13	14	15	16	17	18
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19	20	21	22	23	24
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25	26	27	28	29	30
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##JIGSAWThornbury #ThriveIn30 www.jigsawthornbury.org.uk/fundraise-for-us

Thrive in 30 - a self chosen challenge that is full of energy and personal empowerment, and perfect for flexible, inclusive fundraising.



Thrive in 30

Pick your own challenge - examples



Step it up - Walk, run or treadmill your way through with a self chosen time/distance



Jam for JIGSAW - Learn or practice an instrument for 30 days



Dance like everyone's watching - join a class or jive in your living room!



Make a splash - Set your own swim limit over 30 days



Yoga or Pilates; master a new pose or do daily practice



Wheel deal - Indoor or outdoor; take on a wheeled challenge

Set yourself a challenge | Push your limits | Make a difference

Take part in a 30-day challenge and your JIGSAW journey to wellbeing. You choose one activity to do across 30 days. You set your own pace. You can do it on consecutive days or take a break; it is your challenge. You could walk a mile, dance in your living room, stretch, draw or create something or try something new.

The challenge is about having fun, feeling good, and building healthy habits.

While you take part, you will also raise money for children and young people with additional needs or disabilities and their families. Your challenge will help JIGSAW Thornbury make a big difference.

Share your journey, celebrate your progress, and inspire others. Use #JIGSAWThornbury and #ThriveIn30, and tag @JIGSAWThornbury so we can cheer you on!

Why take part?

Every step, stretch, word, or act of courage helps JIGSAW continue to provide empowerment, friendship, and life-changing opportunities to children and young people with additional needs or disabilities and their families. Anyone can join in. This challenge is free and fully inclusive. Whether you are new to fitness, or prefer creative or mindful goals – your journey is what matters. Your challenge, your pace, your impact.

Ready to start your journey?

Scan the QR code to find the sign-up form. Once you fill it in, we will email you a pack with everything you need. The pack will help you set up your fundraising page. You can also download your Thrive in 30 calendar to mark off your days and track your progress.

www.jigsawthornbury.org.uk/fundraise-for-us





Thrive in 30

Set your challenge

Nurture your well being

Make a difference

#ThriveIn30