FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL					
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address Thomas Eugen			2. Date of Eve Statement (M 05/31/2022	lonth/Day/Y			Name and Ticker or Tradin Holdings, Inc. [Pl		ol			
(Last) 256 WEST DATA	(First) DR	(Middle)				Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner			5.	5. If Amendment, Date of Original Filed (Month/Day/Year)		
(Street) DRAPER	UT	84020				X Officer (give title Other (specify below) General Counsel and Corp Sec		below) 6.	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)										
Table I - Non-Derivative Securities Beneficially Owned												
1. Title of Security (Instr. 4)				. Amount wned (Ins	of Securities Beneficially str. 4)	D	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) 4. Nature of Inc.		ature of Indirect Ber	eficial Ownership (Instr. 5)		
Common Stock							841		D			
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)												
1. Title of Derivative Security (Instr. 4) 2. Date Exercisable an Expiration Date (Month/Day/Year)			е	Derivative Security (Instr. 4) Conversion Exerci		Conversion or Exercise	ise (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)				
				Expiration Date	Title			Amount or Number of Shares	Price of Derivative Security	(I) (Instr. 5)		

Explanation of Responses:

Remarks:

Exhibit 24.1 - Power of Attorney

/s/ George M. Sewell, by Power of Attorney for Eugene Vin Thomas IV ** Signature of Reporting Person

06/02/2022

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 * If the form is filed by more than one reporting person, see Instruction 5 (b)(v).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of Michael Todd King and George M. Sewell signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer of PROG Holdings, Inc. (the "Company"), Forms 3, 4 and 5 in accordance with Section 16 of the Securities Exchange Act of 1934 and the rules thereunder;
- (2) do and perform any and all lawful acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and timely file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (3) take any other lawful action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's reasonable discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has executed this Power of Attorney as of this 1st day of June, 2022.

State of Utah
County of Salt Lake

Acknowledged before me a Notary Public, known by me to be the person so named and identified, June 1, 2022.

MICHELLE LUNT
Comm. No. 719808
My Commission Expires on Aug 10, 2025

Print Name

My commission expires 8.10.25