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dōTERRA® MetaPWR™ 30-Day Challenge

Workbook



dōTERRA®

Welcome to your 30-Day dōTERRA® MetaPWR™ Challenge!

Whether you are participating in this challenge on your own or with your dōTERRA team, we applaud you. Achieving wellness starts with building healthy habits that last a lifetime, and your journey toward building those healthy habits starts right now!

You only need two things to be successful for this 30-day challenge: the MetaPWR™ Collection and the dōTERRA Lifelong Vitality® Pack (LLV).

If you're brand new, reach out to the person who shared dōTERRA with you to help you order your first supply of products.

If you're already a dōTERRA member, you can set yourself up for long-term success (plus fantastic rewards) by adding the MetaPWR products to your monthly Loyalty Order.

Quickstart Guide to dōTERRA® MetaPWR™



Curb Sugar Cravings

MetaPWR Blend

Available as an essential oil blend, beadlet, and gum

- > Formulated by dōTERRA experts for dietary use.
- > Helps curb sugar cravings.*
- > May support mindful eating choices.
- > Supports lifestyle changes.



Healthy Glucose Levels

MetaPWR Assist

- > Supports healthy post meal glucose metabolism.*
- > Supports healthy blood glucose levels.*
- > Source of antioxidants for cellular integrity and longevity.*



Look Better, Feel Better

MetaPWR Advantage

- > Promotes good health, no matter your age.*
- > Supports healthy metabolic function.*
- > Supports bone, cartilage, and connective tissues.*
- > Improves skin elasticity and firmness.*

Why Choose MetaPWR Advantage?

- > It contains nine different types of collagen supportive of whole-body wellness—from bone and cartilage to skin elasticity.*
- > The collagen tripeptides in it are 12 times more bioavailable than most conventional collagen supplements on the market.
- > Adds power to your healthspan by helping you enjoy good health longer, so you can take on more of life.

Quickstart Guide to dōTERRA LIFELONG VITALITY® PACK

Primary Benefits

AlphaCRS+®

- > Healthy liver function and digestion*
- > Cellular integrity and longevity*

MicroPLEX VMz™

- > General wellness and health*
- > Immune function*
- > Energy metabolism*
- > Healthy hair, skin, nails*

xEO Mega®

- > Healthy brain function*
- > Bone health*
- > Cardiovascular health*

How to Use

Take four capsules of each xEO Mega, Microplex VMz, and Alpha CRT+ per day with food



Powerful, real food ingredients. **Optimized** nutrient levels. **Unbeatable** value.

*NPN 80121205 (MetaPWR™ Assist); NPN 80125274 (MetaPWR™ Advantage); NPN 80075879 (Microplex VMz™); NPN 80082975 (Alpha CRS+®); NPN 80074456 (xEO Mega®). See individual product labels for a complete list of claims and cautions.

30-Day Challenge Timeline



Week 1

Health begins with putting nutritious foods—the right fuel—in your body.

Week 2

Now that your body is properly fueled, it's time to get your move on! Build on your new eating habits by incorporating physical activity into your routine.

Week 3

Keeping your body active requires proper periods of rest. This week, focus on habits to help you get more, higher-quality sleep every night.

Week 4

Mental health and relaxation are key to a happy, balanced life. Complete your routine by making time to slow down, recenter, and practice critical self-care.

Why stop now?

Commit to another 30 days and look for new ways to habit stack and live a more powerful life.

Rocking Your Personal 30-Day Challenge

Before starting:

- Make sure you've ordered your MetaPWR products and LLV. Set out your products where you'll remember to use them.
- If applicable, make sure you've been added to your challenge leader's text group and turn on alerts so you don't miss daily prompts.
- Take a "before" selfie photo. (This step may seem hard, but it'll be worth it! You don't have to share it, but you should have it for yourself.)
 - Selfie-style picture (closeup of the face)
 - Challenge yourself to wear no makeup
 - Take a picture that makes you feel beautiful
- Connect with your accountability group and decide on the best way to do the daily check-ins: Facebook Messenger, Marco Polo, WhatsApp, and so on. Accountability is the key to success. If you prefer being accountable to yourself instead of your group, use the daily texts as prompts for journaling.
- Good health is impacted by many different lifestyle factors. Using the attached worksheet, set goals for yourself that correspond with each of the different levels of the Wellness Pyramid.
- Create a meal plan for the first week (or more, if helpful).

Daily:

- Use your products as instructed and track your usage.
- Follow the daily text prompts.
- Check in with your accountability group. You should answer the following questions:
 - Did you use the products?
 - Did you perform some form of movement?
 - Did you stick to your meal plan?
 - Did you complete the daily text challenge from your team leader?

Weekly:

- Complete the weekly check-in form.
- Create a meal plan for the next week.

At day 30:

- Compare your first and fourth weekly check-ins.
- It's time to take another photo—snap a selfie that makes you feel BEAUTIFUL. But remember, no makeup! Just all natural, all you. Do you notice anything different about yourself?
- Commit to another 30 days! This challenge is your opportunity to look and feel your best and to inspire others. By committing to your best self, you'll attract others who want what you're experiencing.



Setting Personal Health Goals



Choose at least one specific goal for each of the six pillars.

Goals should:

- Answer the questions related to who, what, where, when, and why.
- Be broken down into both long-term and short-term milestones.
- Be quantifiable and realistic.

For example:

- Avoid incredibly general goals that don't answer all the questions like, "To become fit." A more specific goal would be, "Be in sufficient shape to run a marathon."
- Set short-term milestones to help you reach your long-term goal like, "Prepare to run a 5K in six weeks at the local park with my daughter."
- Create a daily routine to help you accomplish the short-term milestones and prepare you for the long-term goals.
- Ensure the goals are quantifiable. "I'm going to walk more" is far more difficult to track and measure than, "Every day, I'll walk around the track 16 times."

Ask yourself if you have everything you need to complete all your goals.



Proactive Medical Care Goal

Informed Self-Care Goal

Reduce Synthetic Exposure Goal

Rest & Harmony Goal

Movement & Activity Goal

Nutrition & Diet Goal

Weekly Check-In

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. Be honest with yourself. These five-minute check-ins are for your benefit!

1. Rate your average energy levels over the last seven days.

1 = Extremely low energy 10 = Abundant energy

1 2 3 4 5 6 7 8 9 10

2. Rate your clarity of mind over the last seven days.

1 = Brain fog or mental haze 10 = Mental clarity and task capability

1 2 3 4 5 6 7 8 9 10

3. Rate your overall mood over the last seven days.

1 = Negative mood 10 = Positive mood

1 2 3 4 5 6 7 8 9 10

4. Rate your restful sleep over the last seven days.

1 = Extremely restless sleep 10 = Fully rested awakenings

1 2 3 4 5 6 7 8 9 10

5. Rate your hunger over the last seven days.

1 = "I was regularly hungry throughout the day."

10 = "I was rarely hungry outside of mealtimes."

1 2 3 4 5 6 7 8 9 10

6. Rate any struggles with unwanted sugar cravings over the last seven days.

1 = Major struggles with sugar cravings

10 = Zero pesky sugar cravings

1 2 3 4 5 6 7 8 9 10

7. Rate your average stress levels over the last seven days.

1 = High stress levels 10 = No stress at all

1 2 3 4 5 6 7 8 9 10

8. How many days in the past week did you engage in fitness activities or at least 30 minutes of strenuous movement or weight training?

- A. 1 E. 5
- B. 2 F. 6
- C. 3 G. 7
- D. 4

9. In as much detail as possible, describe any changes you've noticed to your skin's health over the past week here:

10. If you've been taking measurements or noted something else, include the information here:

11. If you've experienced other changes during this challenge and would like to share about them, add the details here:

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Example Daily Schedule

It's a great time to focus on habit stacking! How might you simplify your day by combining several health habits into one? You'll see how easy implementing MetaPWR™ into your day can be with the potential schedule below. If you've been looking to get started or have other healthy habits in your routine, add entries to the extra spaces on your sheet.

For example:

- Add two drops of Lemon essential oil to my water bottle and take it with me on my 20-minute morning walk.
- Take an Adaptiv® Capsule with my morning dōTERRA Lifelong Vitality® Pack (LLV).
- Add two drops of MetaPWR Blend with MetaPWR Advantage to your morning smoothie and blend.

Morning:

- First dose of LLV (two of each supplement)
- Two drops MetaPWR Blend and MetaPWR Advantage in water

Daytime:

- MetaPWR Assist with lunch (if largest meal)
- MetaPWR Blend in water bottle to rehydrate
- MetaPWR Gum or Beadlets to curb sweet cravings

Evening:

- Second dose of LLV (two of each supplement)
- MetaPWR Assist with dinner (if largest meal of the day)
- MetaPWR Blend in glass of water after dinner



Personalized Daily Schedule

Morning:

- Two drops MetaPWR Metabolic Blend and MetaPWR Advantage in five to eight ounces of water
- First dose of LLV (two of each supplement)
- _____
- _____

Daytime:

- MetaPWR Assist with lunch (if largest meal)
- MetaPWR Blend in water bottle to rehydrate
- MetaPWR Gum or Beadlets to curb cravings
- _____
- _____
- _____

Evening:

- Second dose of LLV (two of each supplement)
- MetaPWR Assist with dinner (if largest meal of the day)
- MetaPWR Blend in glass of water after dinner
- _____
- _____
- _____

30-Day Tracker

Track your progress with your MetaPWR™ products every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Don't forget to include other healthy habits, like sleeping for six to eight hours, drinking plenty of water, eating whole foods, exercising daily, and anything else you want to incorporate into your lifestyle.

Routine	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
MetaPWR Blend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MetaPWR Gum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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