



Body Fat and Blood Pressure Log

This record tracks your body fat percentage, blood pressure, and other key health indicators. Body fat percentage reflects your body fat proportion and metabolic condition, while blood pressure serves as an important signal of cardiovascular health. Regular measurements help you better understand your physical condition and provide valuable reference for adjusting your diet, exercise, and lifestyle habits.

Name

Height

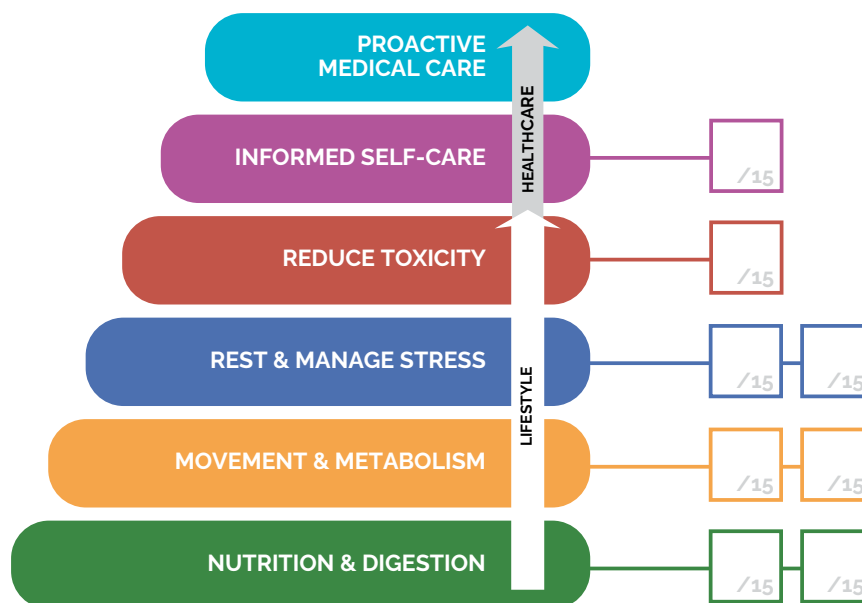
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Age

Date	Year	Month	Day
Body weight	kg		
Body Mass Index (BMI)		<18.5 Low 18.5 - 22.9 Mid 23-24.9 Over ≥25 High	
Total Body Fat	% Ideal Body Fat Percentage Male 14-23% Female 17-27%	Low Acceptable High	
Muscle Mass	kg		
Bone Mass	kg		
BMR	kcal		
Metabolic Age	Years		
Visceral Fat Level		1-9 Standard 10-14 Elevated 15-59 High	
Systolic pressure	mmHg	<120 120-129 130-139 ≥140 Normal Elevated Hypertension Stage 1 Hypertension Stage 2	
Diastolic pressure	mmHg	<80 <80 80-90 ≥90 * American Heart Association Classification	
Heart rate	Ideal Heart Rate (60-100/min)	Normal Elevated	

Note: This measurement is for personal health tracking reference only and does not constitute any medical diagnosis or formal medical report.

With this form, you can identify health areas where you're doing well and where you may need to make lifestyle changes to improve your overall health. The larger the gap between what the ideal is and where you scored should help you identify which areas of the Wellness Pyramid to prioritize.



Lots of food sources provide vitamins and minerals, but American adults are generally falling short in meeting their daily nutrient requirements. If certain nutrients are missing, your body isn't receiving the resources it needs to function properly. Your overall health can be negatively impacted. Consider focusing on the foundations of wellness, Movement & Metabolism and Nutrition & Digestion, as you pick your top 3 health priorities.

Identify which health goals you'd like to focus on in each category of the Wellness Pyramid:

NUTRITION & DIGESTION	MOVEMENT & METABOLISM	REST & MANAGE STRESS	REDUCE TOXICITY	INFORMED SELF-CARE
HEALTH GOALS ☐ Eat whole, fresh foods ☐ Nutritional supplementation ☐ Support gut health Other _____ _____ _____	HEALTH GOALS ☐ Support mobility ☐ Support healthy inflammatory response ☐ Support metabolic health Other _____ _____ _____	HEALTH GOALS ☐ Experience quality sleep ☐ Improve stress management ☐ Create a mindfulness routine Other _____ _____ _____	HEALTH GOALS ☐ Support detoxification ☐ Toxin free living ☐ Natural self-care Other _____ _____ _____	HEALTH GOALS ☐ Become informed ☐ Prioritize natural solutions ☐ Support healthy immune response Other _____ _____ _____

THE TOP 3 HEALTH PRIORITIES I'M FOCUSING ON:

Let's identify which dōTERRA® products will best support your wellness goals.



Wellness Lifestyle Assessment



Welcome to the Wellness Lifestyle Assessment! This form is designed to help you take control of your health and well-being by assessing aspects of your health through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to identify which dōTERRA products will best support you on your journey toward an optimal wellness lifestyle.

Give yourself a score in each area on a scale between 1–5: 1: Strongly disagree 2: Disagree 3: Neither agree nor disagree 4: Agree 5: Strongly agree

NUTRITION	I eat a healthy, nutrient-rich diet that's high in whole foods and low in ultra-processed foods.		 TOTAL SCORE
	I'm mindful of my portions. I eat when I'm hungry and stop when I'm full. I avoid snacking between meals.		
	I use micronutrient and macronutrient supplements to ensure my nutritional needs are met.		
DIGESTION	I'm free from digestive discomfort.		 TOTAL SCORE
	I don't struggle with food sensitivities.		
	I make sure to include prebiotic and probiotic foods in my diet at least weekly.		
MOVEMENT	I'm physically active, getting at least two hours of moderately intense activity or an hour of vigorous activity per week.		 TOTAL SCORE
	I do at least two days of muscle strengthening per week.		
	I give myself time to rest and recover from activities, including gentle stretching and using dōTERRA products to support the recovery process.		
METABOLISM	I have good energy during the day. I don't suffer from brain fog or sugar cravings or need caffeine or energy drinks.		 TOTAL SCORE
	I use smart supplementation to complement targeted metabolic health effects.		
	I stay satiated for hours after eating.		
REST	I'm getting enough sleep to feel rested and alert the next day.		 TOTAL SCORE
	I have good sleep hygiene practices.		
	I'm familiar with and use smart supplementation to help on days when sleep is challenging.		
MANAGE STRESS	I know my main sources of stress and I have and use adequate resources to manage them.		 TOTAL SCORE
	I have self-care strategies and use them to help manage my stress.		
	I'm familiar with and use supplements and products that help as I relax and unwind.		
REDUCE TOXICITY	I'm familiar with the most common environmental toxins and ways to avoid them.		 TOTAL SCORE
	I use nontoxic, eco-friendly products at home and advocate for them with friends and family.		
	I focus on supporting my body's natural detoxification process, such as by limiting alcohol intake.		
INFORMED SELF-CARE	I educate myself on proactive wellness lifestyle habits.		 TOTAL SCORE
	I work hard to continuously support my immune function.		
	I use smart supplementation to complement self-care efforts.		

Wellness Pyramid

dōTERRA®

Bring dōTERRA into Your Wellness Lifestyle

PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

醫療保健 HEALTHCARE

生活方式 LIFESTYLE

