

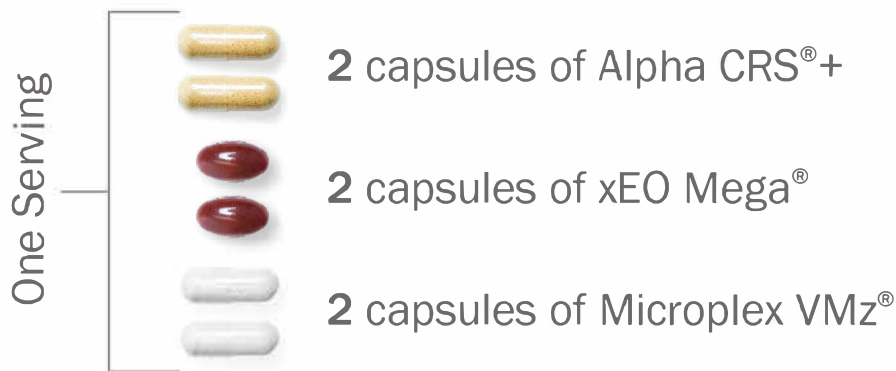
dōTERRA®

Lifelong Vitality 30-Day Challenge

Have you experienced the life-changing benefits of Lifelong Vitality?

How to use the Lifelong Vitality Pack

Take one serving, **TWICE** each day with food to look, feel, and live younger, longer.* One serving consists of:



*This product is not intended to diagnose, treat, cure, or prevent any disease.



STEP 1:

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 My sleep is satisfying and I awake feeling rested
- 1 2 3 4 5 I live a life free of chronic aches and pains
- 1 2 3 4 5 I have strong immune function and resist getting sick
- 1 2 3 4 5 I am emotionally balanced and not stressed or anxious
- 1 2 3 4 5 I have energy and vitality throughout the day
- 1 2 3 4 5 My mental focus and memory are quick and sharp
- 1 2 3 4 5 My skin and hair are healthy and beautiful

Would you like to improve your lower scores?

How would your life change if these areas of your health improved?



STEP 2:

Start Date: _____

When you take LLV twice a day for 30 days, you'll start to see a difference in how you feel. Use this calendar to stay on track—check off each box after you take your LLV.

| 30 Days to Wellness | | | | |
|--|--|--|--|--|
| 1 <input type="checkbox"/> AM <input type="checkbox"/> PM | 2 <input type="checkbox"/> AM <input type="checkbox"/> PM | 3 <input type="checkbox"/> AM <input type="checkbox"/> PM | 4 <input type="checkbox"/> AM <input type="checkbox"/> PM | 5 <input type="checkbox"/> AM <input type="checkbox"/> PM |
| 6 <input type="checkbox"/> AM <input type="checkbox"/> PM | 7 <input type="checkbox"/> AM <input type="checkbox"/> PM | 8 <input type="checkbox"/> AM <input type="checkbox"/> PM | 9 <input type="checkbox"/> AM <input type="checkbox"/> PM | 10 <input type="checkbox"/> AM <input type="checkbox"/> PM |
| 11 <input type="checkbox"/> AM <input type="checkbox"/> PM | 12 <input type="checkbox"/> AM <input type="checkbox"/> PM | 13 <input type="checkbox"/> AM <input type="checkbox"/> PM | 14 <input type="checkbox"/> AM <input type="checkbox"/> PM | 15 <input type="checkbox"/> AM <input type="checkbox"/> PM |
| 16 <input type="checkbox"/> AM <input type="checkbox"/> PM | 17 <input type="checkbox"/> AM <input type="checkbox"/> PM | 18 <input type="checkbox"/> AM <input type="checkbox"/> PM | 19 <input type="checkbox"/> AM <input type="checkbox"/> PM | 20 <input type="checkbox"/> AM <input type="checkbox"/> PM |
| 21 <input type="checkbox"/> AM <input type="checkbox"/> PM | 22 <input type="checkbox"/> AM <input type="checkbox"/> PM | 23 <input type="checkbox"/> AM <input type="checkbox"/> PM | 24 <input type="checkbox"/> AM <input type="checkbox"/> PM | 25 <input type="checkbox"/> AM <input type="checkbox"/> PM |
| 26 <input type="checkbox"/> AM <input type="checkbox"/> PM | 27 <input type="checkbox"/> AM <input type="checkbox"/> PM | 28 <input type="checkbox"/> AM <input type="checkbox"/> PM | 29 <input type="checkbox"/> AM <input type="checkbox"/> PM | 30 <input type="checkbox"/> AM <input type="checkbox"/> PM |

Caution: If you experience discomfort, consider reducing dosage. If discomfort persists, discontinue use and consult a physician. For any usage or safety questions, please contact dōTERRA customer service AU (02) 8015 5080 or NZ (08) 0046-6815.



STEP 3:

After 30 days, answer these questions:

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 My sleep is satisfying and I awake feeling rested
- 1 2 3 4 5 I live a life free of chronic aches and pains
- 1 2 3 4 5 I have strong immune function and resist getting sick
- 1 2 3 4 5 I am emotionally balanced and not stressed or anxious
- 1 2 3 4 5 I have energy and vitality throughout the day
- 1 2 3 4 5 My mental focus and memory are quick and sharp
- 1 2 3 4 5 My skin and hair are healthy and beautiful

Do you notice a difference?

Which areas of your health have improved?

Keep the healthy habits going and add LLV to your next LRP order!

