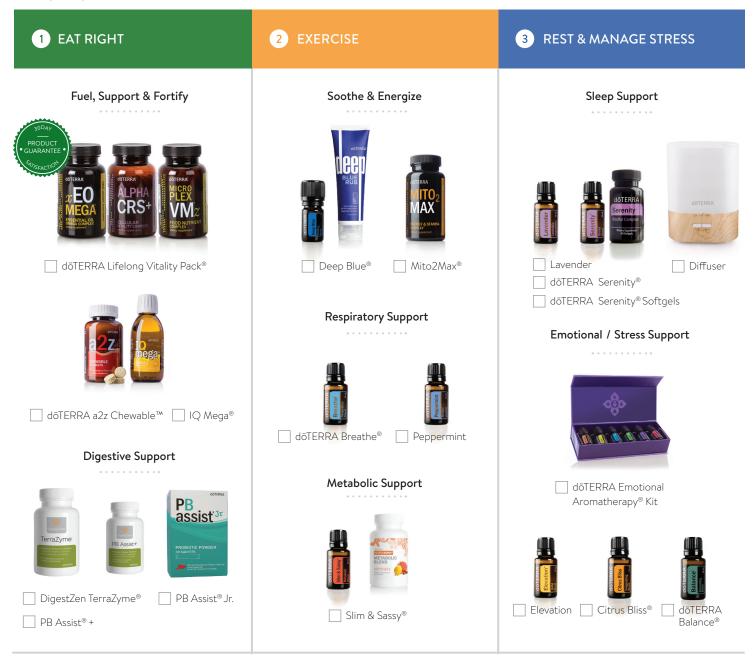
Customize Your Wellness Plan

Ensure you are living in an empowered way by focusing on each level. Refer back to your ratings in each area on page 3. Select desired support from each of the following levels of the dōTERRA Wellness Lifestyle Pyramid.









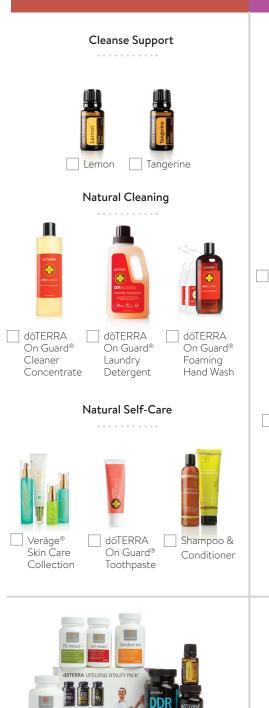
Athlete Care Kit



Calm and Harmony Kit

## 4 REDUCE TOXIC LOAD

## 5 INFORMED SELF-CARE



Cleanse & Restore Kit







Correct-X®

PastTense<sup>®</sup> InTune<sup>®</sup>



Targeted Support

Note any needed natural solutions from page 13

1.			
2.			
3.			





Immune Support Kit