

Customize Your Wellness Plan



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

<p>NUTRITION & DIGESTION</p>	<p>Fuel, Support, and Fortify</p> <p><input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <input type="checkbox"/> dōTERRA a2z Chewable™ <input type="checkbox"/> IQ Mega® <input type="checkbox"/> dōTERRA Greens</p>	<p>Support Digestion</p> <p><input type="checkbox"/> DigestZen TerraZyme® <input type="checkbox"/> PB Assist+® <input type="checkbox"/> PB Assist® Jr <input type="checkbox"/> dōTERRA Fiber</p>	<p>Curated Wellness Programs and Kits</p> <p><input type="checkbox"/> Daily Habits Kit <input type="checkbox"/> Digestive Program</p>
<p>MOVEMENT & METABOLISM</p>	<p>Soothe and Energize</p> <p><input type="checkbox"/> Deep Blue® <input type="checkbox"/> Mito2Max® <input type="checkbox"/> Copaiba Softgels <input type="checkbox"/> Turmeric Capsules</p>	<p>Support Strength and Metabolism</p> <p><input type="checkbox"/> Slim & Sassy® <input type="checkbox"/> dōTERRA Protein</p>	<p>Relief Program</p>
<p>REST & MANAGE STRESS</p>	<p>Support Sleep and Rest</p> <p><input type="checkbox"/> Lavender <input type="checkbox"/> dōTERRA Serenity® <input type="checkbox"/> dōTERRA Serenity® Softgels <input type="checkbox"/> Volo® Diffuser <input type="checkbox"/> dōTERRA Peace® <input type="checkbox"/> Cedarwood</p>	<p>Manage Stress and Mood</p> <p><input type="checkbox"/> dōTERRA Cheer® <input type="checkbox"/> Black Spruce <input type="checkbox"/> Adaptiv® <input type="checkbox"/> Citrus Bliss® <input type="checkbox"/> dōTERRA Balance®</p>	<p>Mind & Mood Program Sleep Program</p>
<p>REDUCE TOXICITY</p>	<p>Support Cleansing Natural Self-Care</p> <p><input type="checkbox"/> Lemon <input type="checkbox"/> Zendocrine® Softgels <input type="checkbox"/> Oral Care <input type="checkbox"/> Essential Skin Care <input type="checkbox"/> Yarrow Pom <input type="checkbox"/> Hair Care</p>	<p>Natural Home Care</p> <p><input type="checkbox"/> dōTERRA® abode™</p>	<p>Cleanse & Restore Kit</p>
<p>INFORMED SELF-CARE</p>	<p>Protect and Restore</p> <p><input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> DigestZen® <input type="checkbox"/> Peppermint <input type="checkbox"/> Tea Tree <input type="checkbox"/> Frankincense</p>	<p><input type="checkbox"/> ClaryCalm® <input type="checkbox"/> Correct-X®</p>	<p>Respiratory Program Immunity Program</p>