Wellness Consult

1 Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	Natural Solutions You Have	Natural Solutions You Need
1	1	1
2	2	2
3	3	3

2 Create your daily wellness plan.

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organize them into your daily plan.

	MORNING	AFTERNOON	EVENING
SUPPLEMENTS	☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M) ☐ 1–2 DigestZen TerraZyme® (M) ☐ 1 sachet MetaPWR™ Advantage	☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M) ☐ 1–2 DigestZen TerraZyme® (M)	☐ 1 MetaPWR™ Assist before dinner (M) ☐ 1–2 DigestZen TerraZyme® with dinner (M) ☐ 1–2 PB Assist+® at bedtime
ESSENTIAL OILS	☐ 1–3 drops Lemon in water ☐ 2 drops Frankincense on bottoms of feet or under tongue ☐ 2 drops dōTERRA Balance® on bottoms of feet	☐ 1–3 drops Lemon in water ☐ Diffuse 4–5 drops dōTERRA On Guard® ☐ Apply Deep Blue® after workout	☐ 2 drops Frankincense on bottoms of feet or under tongue ☐ 2 drops dōTERRA Balance® on bottoms of feet ☐ Apply Deep Blue® where needed ☐ Diffuse 3–5 drops Lavender at bedtime

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks. (M) with Meal

3 What other wellness choices could support your goals?

(e.g., water intake, sleep, exercise, dietary changes)

4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th—15th).

MONTH 1 LRP	Date: /	MONTH 2 LRP	Date: /	MONTH 3 LRP	Date: /
TOTAL PV		TOTAL PV		TOTAL PV	

See individual labels for ingredients, cautions, and instruction for use.