

dōTERRA®

90-Day Reset

DAILY TRACKER

Month 1 Prepare Phase

Goal: Energize organ and cell performance.*

ACTIVATE



dōTERRA PB Restore™

Take 1 capsule with AM meal.

Days 1-10

AM

Days 11-20

Days 21-30



TerraZyme™ (optional)

Take 1-2 capsules with meals, especially when eating enzyme-deficient foods.

Days 1-10

AM

PM

Days 11-20

Days 21-30



Alpha CRS+®

Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10

AM

PM

Days 11-20

Days 21-30



Microplex VMz®

Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10

AM

PM

Days 11-20

Days 21-30



EO Mega®+

Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10

AM

PM

Days 11-20

Days 21-30



MetaPWR® Mito2Max®

Take 1 capsule with AM meal. Add 1 additional capsule as needed.

Days 1-10

AM

PM

Days 11-20

Days 21-30



RevitaZen+™ Complex

Take 1 capsule with AM meal. Add 1 with PM meal as needed.

Days 1-10

AM

PM

Days 11-20

Days 21-30



RevitaZen™ Blend (optional)

Add 3-5 drops per 8 or more ounces of water for a total of 10-15 drops per day.

Days 1-10

AM

PM

Days 11-20

Days 21-30

BUILD

CLEANSE

TARGETED SOLUTIONS

Include in your daily routine oils and blends to be used topically and aromatically.