

30-Day dōTERRA® MetaPWR™ Challenge



Five Pillars of Metabolic Health

Achieving and maintaining optimal metabolic health is not a one-trick pony. Rather, it's about an ongoing commitment to daily living where attention to the Five Pillars becomes and remains top priority.



Healthy
Eating



Daily
Movement



Stress
Management



Healthy
Connections



Smart
Supplementation

Before You Begin:

- ☐ **Order your MetaPWR™ System kit** and any other products you need for your challenge. Place your products where you'll remember to use them. **Print your Daily Tracker.**
 - ☐ **Print four copies of the Weekly Check-In form.**
 - ☐ **Take before photos.** You'll be so glad to have them to compare to your 30-60-90 day pictures!
 - ☐ Front body
 - ☐ Back body
 - ☐ Side body, left and right
 - ☐ Closeup of face with no makeup, front and sides
- Tip: Take before and after photos in the same lighting and location each time for best comparison.*
- ☐ **Take before measurements.** Record on *Take Your Measurements*.
 - ☐ **Join a Facebook** or accountability group.
 - ☐ Metabolic health is impacted by many different lifestyle factors. **Use the Set Metabolic Health Goals worksheet** to set goals for yourself that correspond with each of the different levels of the Wellness Pyramid.
 - ☐ **Text "METAPWR" to 386457** to opt-in. Then, on day one of your challenge, text "GO" to start the 30-day sequence.
 - ☐ **Create a meal plan.** Plan at least one week in advance.

Daily:

- Use your products. Track usage on *Daily Tracker*.
- Follow the dōTERRA daily text challenge prompts.
- Check in with your accountability group. Answer the following:
 - Did you take all of your products?
 - Did you get some daily movement?
 - Did you stick to your meal plan?
 - Did you complete the daily text challenge from dōTERRA?

Weekly:

- Complete the *Weekly Check-In* form.
- Take your measurements and record them on the tracking sheet.
- Create a meal plan for the next week.

Day 30:

- Compare your 1st and 4th *Weekly Check-In*.
- **Take after pictures** and compare to see changes.
- **Take after measurements.** Compare changes.
- **Commit to another 30 days!** By staying the course of living younger longer, you'll look and feel your best. Your commitment inspires others to do the same!

***"How you prepare for what you do is as important as the actions you take."** - Laura Jacobs*



Smart Supplementation

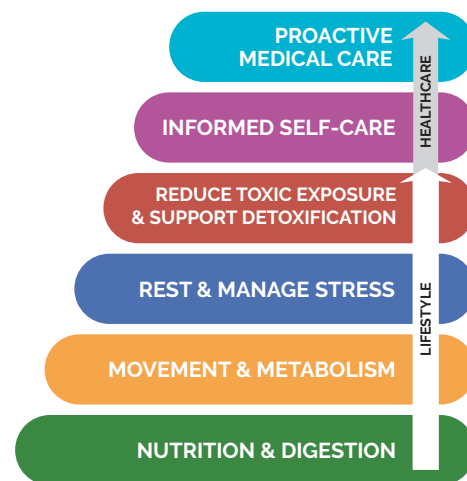
Critical to your 30-Day Challenge success, and as part of The Five Pillars framework, is Smart Supplementation. Read and follow pages 3-7 to create your Daily Wellness Supplement Routine.



Optimize Your Metabolic Health

As it's so perfectly illustrated by the **dōTERRA Wellness Lifestyle Pyramid**, metabolic health is created and maintained by engaging in a lifestyle complete with healthy eating, proper digestion, healthy movement, sleep, and metabolism, along with proper rest, stress management, detoxification, and the reduction of toxic exposure. Without a holistic approach it's easy to come up short on results, even despite some effort.

dōTERRA's approach to a healthy lifestyle first prioritizes the bioavailability and absorption of core micronutrients with focus on gut health and nutritional supplementation. Secondly, metabolic health is promoted by supporting the body's utilization of macronutrients, a need that has become rampant and widespread in today's US adult population. Lastly, using the pyramid levels as a guide, everyone is encouraged to meet their body's individual needs by addressing their own sleep, stress, detoxification, and targeted priorities. The body simply performs better when it has enough of what it needs, and its toxic load is diminished.*



Step 1: Build on a Foundation of Wellness

Core nutrients and gut support are vital to sustain daily metabolic health. Combine these products with a well-balanced, whole-food diet to optimize results.



Lifelong Vitality Pack® (LLV)

- Serves as an optimal daily nutritional supplement program for a lifetime of health and wellness.
- Offers maximum nutrition for energy, focus, relief from discomfort, and well-being.*
- Provides an optimal daily dose of vitamins, minerals, omega-3 fatty acids, antioxidants, and essential oils, along with a cellular vitality blend for energy support.*



TerraZyme®

- Supplies ten critical digestive enzymes required for healthy digestion but may be missing in modern diets.*
- Supports food tolerance and eases both gas and bloating. Best taken with meals for proactive daily digestive support and as needed for occasional upset.*



PB Assist+®

- Supports healthy digestive function and immunity with 6 strains of probiotics.*
- Provides 6 billion live probiotic cultures to maintain intestinal microflora balance and supports healthy functioning of the GI tract.*
- Helps increase the number of good bacteria in the intestines, which are necessary for digestive health.*

If you don't have them in stock already, add **LLV**, **TerraZyme®**, and **PB Assist+®**, along with your **MetaPWR™ System** products to either your enrollment or next monthly LRP order. Either way you can earn points for FREE products with your order. Ask the person who invited you how to make this happen!

Pay attention to recommended doses for each product. For the **LLV** products in particular, it is recommended to begin with a ¼ or ½ dose, 1-2 capsules of each per day and work up to recommended dosage over a week or two. This allows your body to adjust to these new sources of nutrition.

Step 2: Provide Vital Metabolic Support

The **MetaPWR™ System** is designed to work synergistically, each of the products intended to support different processes necessary for a healthy metabolism, as well as a myriad of other metabolic functions.*

MetaPWR™ System



Add one or more of the **MetaPWR™ Metabolic Blend** products to your daily routine. Preclinical studies suggest doing so may inhibit fat cell maturation and curb cravings.*



Take **Metabolic Assist** with your largest carb meals of the day to help support your body's ability to stabilize normal-range glucose levels and sustain energy more evenly throughout the day.*



With consistent daily use of one sachet in a cool drink, **MetaPWR™ Advantage** can support a healthy metabolic age, helping you feel great and look younger.*

Step 3: Customize Your Wellness Plan

Using the levels of the Wellness Lifestyle Pyramid as your guide, identify where you have targeted needs and add additional support products to your daily routine.



Nutrition & Digestion

- Lifelong Vitality® Pack (LLV)
- dōTERRA Nutrition Line
- TerraZyme®
- DigestZen®
- PB Assist®+



Movement & Metabolism

- MetaMWR™ System
- Deep Blue® Products
- Turmeric Dual Chamber Capsules
- Mito2Max®



Rest & Stress Management



- Adaptiv™ Capsules
- Lavender
- Serenity® Capsules
- AromaTouch Technique®
- Copaiba Softgels



Reduced Toxicity

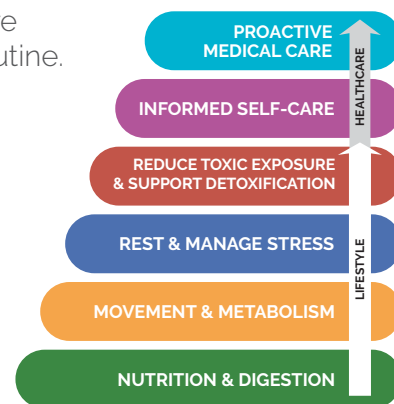


- abode® Home Care
- Lemon
- dōTERRA sun
- dōTERRA hair
- dōTERRA 30-Day Cleanse



Informed Self-Care

- Breathe®
- On Guard®



Example Daily Schedule

Morning



MetaPWR™ Advantage
+ 2 drops **Metabolic Blend**
in 5-10 ozs water



1-2 **MetaPWR™ Softgels**



1st dose of **LLV**
(two of each supplement)

Daytime



1 capsule
Metabolic Assist
15-30 mins before
high carb meal



2nd dose of **LLV**
(two of each supplement)



1-2 **TerraZyme®**
capsules after meal



MetaPWR™ blend, gum,
or **beadlets** to stave off
cravings and manage appetite*

Evening



1 capsule
Metabolic Assist
15-30 mins before
high carb meal



1-2 **TerraZyme®**
capsules after meal



1-3 **PB Assist®+**
capsules at bedtime



Lavender diffused
before bed

Example Daily Schedule

Your daily supplement routine is a great opportunity for habit stacking! As you look for easy ways to implement the **MetaPWR™ System** into your daily routine, how might you simplify by combining several health habits into one? Look at the suggestions below and then, using the extra spaces provided on the next page, add to make your own daily schedule.

For Example:

- Add the **Metabolic Blend** and **Advantage™** to your water bottle and take it with you on your morning walk.
- Add **Adaptiv® Capsules** to help successfully endure an intermittent fasting window and start the day well.*
- Add **dōTERRA Greens + Fiber** with the **MetaPWR™ Metabolic Blend** and **Advantage™** to a morning smoothie and take with **TerraZyme®** to ensure nutrients remain bioavailable in the presence of fiber.*

Morning

- **Advantage** + 2 drops **MetaPWR™ Metabolic Blend** in 5-10 ozs water
- **MetaPWR™ Softgels**
- **LLV**

Daytime

- **Metabolic Assist†** 15-30 mins before high carb meal
- **MetaPWR™ Softgels**
- **LLV**
- **TerraZyme®** after meal[§]
- **MetaPWR™ Metabolic Blend, Satiety Gum, or Beadlets** to curb cravings*

Evening

- **Metabolic Assist†** 15-30 mins before high carb meal
- **MetaPWR™ Softgels**
- **TerraZyme®** after meal[§]
- **MetaPWR™ Metabolic Blend, Satiety Gum or Beadlets** to curb cravings*
- **PB Assist®+** at bedtime*
- **Lavender**

[§] When consuming Assist 15-30 mins before a high carb meal, wait to consume TerraZyme for up to 2 hours to allow the contained Mulberry extract to fully function prior to the added presence of the enzyme amylase contained in TerraZyme.

[†] If consuming more than 1 Assist capsule per day, extra product will be needed.

Daily Schedule

Morning

- **Advantage** + 2 drops **MetaPWR™ Metabolic Blend** in 5-10 ozs water
- **MetaPWR™ Softgels**
- **LLV**

Daytime

- **Metabolic Assist**[†] 15-30 mins before high carb meal
- **MetaPWR™ Softgels**
- **LLV**
- **TerraZyme®** after meal[§]
- **MetaPWR™ Metabolic Blend, Satiety Gum, or Beadlets** to curb cravings*

Evening

- **Metabolic Assist**[†] 15-30 mins before high carb meal
- **MetaPWR™ Softgels**
- **TerraZyme®** after meal[§]
- **MetaPWR™ Metabolic Blend, Satiety Gum or Beadlets** to curb cravings*
- **PB Assist®+** at bedtime*
- **Lavender**



Set Metabolic Health Goals



Using the framework of the **pyramid** and in the space provided, brainstorm to **create at least one specific goal for each level of your wellness lifestyle.**

Ask yourself if you have everything you need to complete each of your goals and prepare yourself for success.

Consider the following to construct goals that motivate:

- **Include the who, what, where, when, and why.** Avoid general goals like, *"To become fit."* that don't answer all the questions. A more specific goal would be:

"Exercise 5 days per week to prepare to run a 5K in 6 weeks at the local park with my daughter."

- **Include both short- and long-term milestones.**

"I'm going to walk more" is hard track or measure.

"Every day this week, I will walk 2 miles. The next week I will walk ½ and jog ½. I will continue to increase miles and jogging to be in sufficient shape to run my city marathon this coming May."

- **Be quantifiable and realistic.**

"I'm going to walk more" is far more difficult to track and measure than "Every day, I will walk around the track 16 times."



With the stresses of everyday life, it can be difficult to maintain lifestyle habits critical to metabolic health. Make it a priority to set a few key goals on this page and then find ways to successfully implement them into your daily routine. Make them habits you love and won't want to break!

Informed Self-Care

Reduce Toxic Exposure & Support Detoxification

Rest & Manage Stress

Movement & Metabolism

Nutrition & Digestion

Example Daily Lifestyle Habits

Morning

- Eat a healthy breakfast of whole, fresh foods.
- Meditate or take a moment for personal reflection.
- Go for a jog.
- Establish a regular yoga practice.

Daytime

- Eat a balanced, light lunch.
- Take a 5-10 minute walk.
- Drink 2-3 liters of water throughout the day.
- * Take a quiet moment to write in a gratitude journal.

Evening

- Eat a nutritious dinner.
- Stretch thoroughly.
- Take a relaxing bath or shower.
- Take a break from electronics before bed. Read a book instead!
- Get 7-9 hours of sleep.

Daily Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Products - all servings	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Advantage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MP Blend in H2O	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MP Softgels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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MP Gum, Beadlets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did Text Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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Weekly Check-In

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. Be honest with yourself. These five-minute check-ins are for your benefit!

1. Rate your average energy levels over the last seven days.

1 - Extremely low energy
10 - Abundant energy

1 2 3 4 5 6 7 8 9 10

2. Rate your clarity of mind and cognitive performance over the last seven days.

1 - Brain fog or mental haze
10 - Mental clarity and task capability

1 2 3 4 5 6 7 8 9 10

3. Rate your overall mood over the last seven days.

1 - Negative mood
10 - Positive mood

1 2 3 4 5 6 7 8 9 10

4. Rate your restful sleep over the last seven days.

1 - Extremely restless sleep
10 - Fully rested awakenings

1 2 3 4 5 6 7 8 9 10

5. Rate your hunger over the last seven days.

1 - "I was regularly hungry throughout the day."
10 - "I was rarely hungry outside of mealtimes."

1 2 3 4 5 6 7 8 9 10

6. Rate any struggles with unwanted hunger cravings over the last seven days.

1 - Major struggles with hunger cravings
10 - Zero pesky hunger cravings

1 2 3 4 5 6 7 8 9 10

7. Rate your average stress levels over the last seven days.

1 - High stress levels
10 - No stress at all

1 2 3 4 5 6 7 8 9 10

8. How many days in the past week did you engage in fitness activities or at least 30 minutes of strenuous movement or weight training?

A.	1	E.	5
B.	2	F.	6
C.	3	G.	7
D.	4		

9. Describe, in detail, any changes you've noticed to your skin's health over the past week?

10. Using changes in measurements and other methods of observation, what are you noticing about changes in your body composition?

11. What other changes are you noticing during this challenge? What are you excited to share?

Take Your Measurements

By measuring your body in key locations before you began your 30-day challenge, you are far more capable to evaluate and celebrate your progress, as well as better determine your usage strategies moving forward. You will thank yourself 30 days from now because you took the time to do this.

Weight: Weigh first thing in the morning using the same scale.

Neck: Measure at the top at natural chin crease.

Chest: Stand with your feet together and your torso straight and find the widest part around your bust.

Waist: Find your natural waist or the narrowest part of your torso.

Arms: Stand straight with your arm relaxed and find the midpoint between the shoulder bone and the elbow of each arm.

Hips: Find the widest part of your glutes by looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.

Thighs: Stand straight and find the midpoint between the lower part of your glutes and the back of your knee—the widest part of each thigh.

Calves: Measure at widest point. Track number of inches from back of knee to repeat same measurement later.



Measurement Tips:

- Wear fitted clothes or no clothes if you can.
 - Stand with your feet together and relax your body for all the measurements.
 - Use a flexible, inelastic tape measure like a cloth measuring tape.
 - Take measurements at least twice and average the measurements to get your final numbers.
 - Losing inches without losing weight is actually a sign you're losing fat and gaining muscle.
 - Take your measurements and weigh yourself first thing in the morning before eating or drinking.
- Every time you retake them, do so at the same time and under the same circumstances so you can trust the results.

	Weight	Neck	Chest	Waist	Arms	Hips	Thighs	Calves
Week 1					L: R:		L: R:	L: R:
Week 2					L: R:		L: R:	L: R:
Week 3					L: R:		L: R:	L: R:
Week 4					L: R:		L: R:	L: R:

Measure More

Many who've already begun their **MetaPWR™** journey have **found it valuable to measure where they are in other ways**. Below are a few suggestions that have been the most popular and are suggested tests by both fitness and medical experts in our community.

From a cost and time perspective, it can be an investment to get any or all these kinds of tests completed. **None of them are required or needed for your success. This is the for the person who wants to know more about their health and better track progress.**

Consider in advance what you intend to accomplish with this knowledge once you obtain it. There may be outside pressure to go different directions when it comes to solutions. Know what it is you are intending to do and what solutions you are committed to engaging with.

By staying focused on your Customized Wellness Plan, including core micronutrients with **LLV**, gut support with **TerraZyme®** and **PB Assist®+**, and metabolic health support with the **MetaPWR™ System**, you are providing your body with a broad base of support, allowing you to discover your body responses.

■ Body Mass Index (BMI) - options to test:

- There are online calculators such as this one where you simply enter your height and weight to get a rough estimate: <https://www.health.harvard.edu/diet-and-weight-loss/bmi-calculator>.
- Search where to get tested in your area. A common one is called InBody and is often available at a local gym or local recreation center. It may be included with membership.
- There are apps you can download that can scan your body and many home scales that calculate this measurement but often with inaccuracy. Some more sophisticated devices can be more of an investment. Ask a fitness expert or read online to learn more.

■ Other Measurements - many personal devices are available to easily and frequently test:

- ☐ Blood Pressure
- ☐ Oxygen Levels (known O2 Sat or SaO2)

■ **Blood Work** - a doctor or care provider can order tests through a local or in-office lab. However, a regular physician or care provider will lack critical insight into the **MetaPWR™ System** magic and mojo. You have an amazing opportunity for product – and dōTERRA – specific health coaching with **Dr. Jessica Herzog**, a member of dōTERRA Medical Advisory Board. You can connect with her and her services by first logging yourself into her portal at: [Register to access your Blue Pebble Health PORTAL](https://www.freestyle.abbott/us-en/myfreestyle.html). There are also online resources such as this one: <https://www.freestyle.abbott/us-en/myfreestyle.html>

The Basics

- ☐ CBC with differential/platelets
- ☐ Comprehensive Metabolic Panel (CMP) (Glucose, Liver Function, Kidney)

Metabolic Markers

Cholesterol:

- ☐ Lipid Panel with Trig/HDL Ratios (also consider Lipoprotein Fractionation)

Blood Sugar:

- ☐ Fasting Glucose
- ☐ Insulin
- ☐ Hemoglobin A1C

Cardio Health:

- ☐ Homocysteine
- ☐ C-Reactive Protein, Quant

■ Once you have your results...

- ☐ Plug them into the fields on this website to discover your metabolic age according to parameters set on this platform: aging.ai