

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



VMG+™
Take 1 sachet in water daily.

Days 1-10

AM

Days 11-20

Days 21-30



EO Mega®+
Take 1-2 softgels with AM and PM meals for a total of 3.

Days 1-10

AM

PM

Days 11-20

Days 21-30



MetaPWR® Mito2Max®
Take 1-2 capsules with AM and PM meals.

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

CLEANSE

TARGETED SOLUTIONS

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