

dōTERRA®

90-Day Reset

DAILY TRACKER

Month 3 Renew Phase

Goal: Replenish cells, organs, tissues, and systems.*

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 per day.

Days 1-10

AM

PM

Days 11-20

Days 21-30



MetaPWR® Advantage
Take 1 sachet in 5-8 ounces of water daily.

Days 1-10

AM

Days 11-20

Days 21-30

(e.g., Recharge, Mito2Max for energy)

Days 1-10

AM

PM

Days 11-20

Days 21-30



DDR Prime® Complex
Take 1-2 softgels with AM and PM meals.

Days 1-10

AM

PM

Days 11-20

Days 21-30

(e.g., Citrus oil or RevitaZen™ or MetaPWR™ blend)

Days 1-10

AM

PM

Days 11-20

Days 21-30

Days 1-10

AM

PM

Days 11-20

Days 21-30

Days 1-10

AM

PM

Days 11-20

Days 21-30

Days 1-10

AM

PM

Days 11-20

Days 21-30

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