



DAILY CHECKLIST

NUTRITION & EATING



Take LLV as directed



Take PB Assist as directed



Take TerraZyme daily
before meals



Take Mito2Max early in the day



Eat healthy meals high in
healthy proteins with raw fruits
and vegetables

**We recommend doTERRA Trim Shakes for breakfast
made with double the recommended scoop of powder*

EXERCISE



Take a 20 minute brisk
walk before noon



Do a form of strength
training twice a week



Stretch for 10 minutes a day
using a simple yoga routine (see
Yoga with Adrienne on YouTube)



Throughout the day take every
opportunity to move around



Do a form of high intensity
training twice a week

**Please only do what you are medically able
according to a qualified practitioner*



Good Mood
BOOTCAMP



DAILY CHECKLIST

SLEEP



Spend 20 minutes in the outdoors before noon



Cut out caffeine entirely (or at least limit intake before noon)



Stop all emotionally upsetting input or communication before 5pm



Take Mito2Max early in the day



Establish a bedtime routine that includes taking 2 doTERRA Serenity 1 hour before bed and 2 drops of the essential oil blend on bottoms of feet at bedtime



Stop using all electronics 2 hours before bed (ideally 2 hours after sun down)

RELATIONSHIPS



Watch your talk, limit negative output and refrain from negative thinking about yourself. Try replacing negative thoughts with positive affirmations and anchor them with an essential oil applied while stating your affirmations.



Limit contact with toxic individuals who are negative toward you or others



At the start of each day, identify at least three people you're thankful for and send them a gratitude text message or email



At least once a day, look for someone else to serve



Write down a healthy dream of yours and allow yourself time to think about it daily



Good Mood
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DAILY CHECKLIST

ESSENTIAL OILS



Diffuse wild orange with peppermint or frankincense throughout the day



Apply Balance blend on your ear lobes and feet morning and night



Put a few drops of lemon essential oil in your water and drink regularly



Apply your favorite mood essential oil to your neck/chest as needed throughout the day (recommendations include: bergamot, peace, forgive, citrus bliss, elevation, lavender)



Use doTERRA essential oil infused cleaning products and personal care products to reduce exposure to environmental toxins which can affect mood

WEEK TOTALS



NUTRITION

Number of tasks completed



EXERCISE

Number of tasks completed



SLEEP

Number of tasks completed



RELATIONSHIPS

Number of tasks completed



ESSENTIAL OILS

Number of tasks completed



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