Live Wellness

At which stores do you currently buy your personal care, home care and health care products?

What are the loyalty programs at those stores? Do they give you gas points, rebates, coupons, etc? If so, how much do they give back to you?

Put a ✓ next to any of the following products that you use, and note approximately how much you spend on these products monthly. Add up the cost for each column, then total both columns.

✓	Product	Cost	✓	Product	Cost
	Vitamins			Household Cleaners	
	Protein Shakes			Hand Soap	
	Fish Oil/Omegas			Dishwasher Detergent	
	Muscle Rub			Hair Styling Products	
	Anti-Inflammatories			Hair Repair Products	
	Weight Loss Products			Antacids	
	Digestive Enzymes			Green Drinks	
	Probiotics			Hand/Body Lotion	
	Bar Soap			First Aid Ointment	
	Bath/Shower Gel			Acne Products	
	Facial Toner			Shampoo	
	Facial Cleanser			Conditioner	
	Facial Moisturizer			Toothpaste	
	Anti-Aging Serum			Mouthwash	
	Cough/Throat Drops			Deodorant	
	Bone Nutrients			Children's Vitamins	
	Laundry Detergent			Energy Supplements/Drinks	
	Column Total			Column Total	

What is the total of both columns?

Multiply that amount by .10

Multiply that amount by .30

These are the dōTERRA equivalents to the products you are currently using. Place a 1 next to the ones that you will be purchasing in the next 30 days, a 2 next to the ones you will be purchasing in the next 60 days, and a 3 next to the ones you will be purchasing in the next 90 days.

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