

# 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?  
(Gas points, rebates, coupons, etc.)  
How much do they give back to you?

Put a **X** next to any of the following products that you use, and note in the box to the right, approximately how much you spend on these products monthly.

<i>Product</i>	<i>Cost</i>	<i>Product</i>	<i>Cost</i>
_____ Vitamins	_____	_____ Household Cleaners	_____
_____ Protein Shakes	_____	_____ Hand Soap	_____
_____ Fish Oil/Omegas	_____	_____ Hand Sanitizer	_____
_____ Kids Vitamins	_____	_____ Dish Detergent	_____
_____ Muscle Rub	_____	_____ Hair Styling Products	_____
_____ Anti-Inflammatories	_____	_____ Hair Repair Products	_____
_____ Bone Nutrients	_____	_____ Antacids	_____
_____ Digestive Enzymes	_____	_____ Green Drinks	_____
_____ Probiotics	_____	_____ Hand/Body Lotion	_____
_____ Bar Soap	_____	_____ First Aid Ointment	_____
_____ Bath/Shower Gel	_____	_____ Acne Products	_____
_____ Facial Toner	_____	_____ Shampoo/Conditioner	_____
_____ Facial Cleanser	_____	_____ Toothpaste	_____
_____ Facial Moisturizer	_____	_____ Mouthwash	_____
_____ Anti-Aging Serum	_____	_____ Deodorant	_____
_____ Mud Mask	_____	_____ Energy Drinks	_____
_____ Weight Loss Products	_____	_____ Spa Products	_____
_____ Laundry Detergent	_____	_____ Sleep Aids	_____

Total both cost columns:

Multiply the total cost by .10

Multiply the total cost by .30

These are the dōTERRA equivalents of the products you purchase. Put a '1' next to the products you will purchase in the next 30 days, '2' for 60 days, and '3' for 90 days.

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____