



Example Daily Schedule

It's a great time to focus on habit stacking! How might you simplify your day by combining several health habits into one? You'll see how easy implementing MetaPWR™ into your day can be with the potential schedule below. If you've been looking to get started or have other healthy habits in your routine, add entries to the extra spaces on your sheet.

For example:

- Add two drops of Lemon essential oil to my water bottle and take it with me on my 20-minute morning walk.
- Take Adaptiv® with my morning dōTERRA Lifelong Vitality Pack® (LLV).
- Take dōTERRA Greens and two drops of MetaPWR Metabolic Blend with MetaPWR Advantage.

Morning:

- Two drops MetaPWR Metabolic Blend and MetaPWR Advantage in five to eight ounces of water
- MetaPWR Softgel with LLV

Daytime:

- MetaPWR Assist with lunch (if largest meal)
- MetaPWR Softgel after lunch
- MetaPWR Metabolic Blend, Satiety Gum, or Beadlets to curb cravings

Evening:

- MetaPWR Assist with dinner (if largest meal of the day)
- MetaPWR Softgel after dinner
- MetaPWR Metabolic Blend, Satiety Gum, or Beadlets to curb cravings