

# 30-Day dōTERRA® MetaPWR™ Challenge



## Leading Your Team on a 30-Day MetaPWR™ Challenge

Success for your team means success for everyone's business! This summer, 30 Wellness Advocates participated in a 30-day MetaPWR challenge, and we want to share their stories with you. Your team can use these stories as they teach the brand-new MetaPWR Class. However, customers will want to hear how your team has personally used the products

and experienced results. We created this 30-day challenge to reignite your team and help them share their own MetaPWR experiences.

Don't worry, we have your customers and their experiences in mind too, so get ready for more big announcements!



### Before Starting:

- Hold check-ins with your team, encouraging people to share their wins. Read all the materials and instructions for both "Leading Your Team on a 30-Day MetaPWR Challenge" and "Rocking Your Personal 30-Day MetaPWR Challenge."
- Invite your team to join you for this 30-day challenge by buying the convention kit.
- Pick your team start date: \_\_\_\_\_.
- Set up accountability groups of five to eight people.
  - o Create a spreadsheet where your team can sign up to commit to the 30-day challenge.
  - o Assign a person in each group to be the accountability team leader—someone who's a positive problem solver.
  - o Encourage teams to decide on a method for daily check-ins: Facebook Messenger, Voxer, Marco Polo, WhatsApp, or some other option.
- Ensure your team knows how and where to access the necessary resources. These resources will help them track their progress and keep them accountable to their goals. They're available in the Digital Marketing Kit, but you can also download them and create a Google Drive folder, add them to a team Facebook Group, or share them in whichever way has previously worked best for your team.
  - o Directions
  - o Weekly check-ins
  - o Daily schedule
  - o Daily tracker
  - o Goal-setting worksheet
  - o Weekly measurements sheet

- Have each member in your team who's participating text "METAPWR" to 386457 on the first day to receive daily text messages from dōTERRA with prompts, reminders, or challenges to help them stay on track.
- To inspire more commitment, you can optionally offer team prizes to:
  - o The most committed team.
  - o The team that lost the most inches.
  - o The team with the best before and after pictures. (Create a team hashtag—or use #metapwr—and have your team post weekly successes.)

### Weekly:

- Hold check-ins with your team, encouraging people to share their wins.
- Host (optional but suggested) MetaPWR classes that your team can bring customers to and share the top two or three stories from your team at the end.

### At day 25:

- Share the top stories from your team over the last 25 days.
  - o Host a Zoom call and invite your teammates to share their experiences. Livestream the recording to your Facebook Group and invite people to join you for the next 30 days!
- Follow this template:
  - o If you decide to invite your customers to join you for the next 30 days, consider creating a similar text journey to what you experienced in this 30 day challenge or creating daily posts in your customer education group



# Rocking Your Personal 30-Day MetaPWR™ Challenge

## Before starting:

- Make sure you've ordered a convention kit. Set out your products where you'll remember to use them. Print your daily tracker below.
- Print four copies of the weekly check-in form. Take your measurements and track your progress on the sheet.
- Take before photos. (This step may seem hard, but all the advocates who did were so thankful by the second week. You don't have to share them, but you'll want to have them for yourself!)
  - Front picture
  - Back picture
  - Side picture
  - Closeup of the face with no makeup
- Connect with your accountability group and decide on the best way to do the daily check-ins: Facebook Messenger, Voxer, Marco Polo, WhatsApp, and so on. Accountability is the key to success. If you prefer being accountable to yourself instead of your group, use the daily texts as prompts for journaling.
- Metabolic health is impacted by many different lifestyle factors. Using the attached worksheet, set goals for yourself that correspond with each of the different levels of the Wellness Pyramid.

- Text "METAPWR" to 386457 on the first day.
- Create a meal plan for the first week (or more, if that'll be helpful).

## Daily:

- Use your products as instructed and track your usage.
- Follow the daily text prompts.
- Check in with your accountability group. You should answer the following questions:
  - Did you use the products?
  - Did you perform some form of movement?
  - Did you stick to your meal plan?
  - Did you complete the daily text challenge from dōTERRA?

## Weekly:

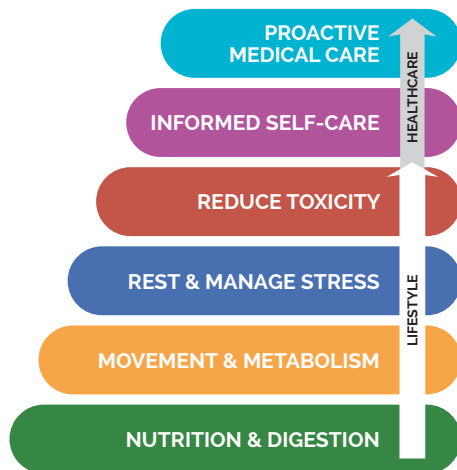
- Complete the weekly check-in form.
- Take your measurements and track them on the sheet.
- Create a meal plan for the next week.

## At day 30:

- Compare your first and fourth weekly check-ins.
- Commit to another 30 days! This challenge is your opportunity to look and feel your best and to give others hope. By committing to your best health, you'll attract customers who want what you're experiencing.



# Setting Metabolic Health Goals



**Choose at least one specific goal for each of the six pillars.**  
**Goals should:**

- Answer the questions related to who, what, where, when, and why.
- Be broken down into both long-term and short-term milestones.
- Be quantifiable and realistic.

**For example:**

- Avoid incredibly general goals that don't answer all the questions like, "To become fit." A more specific goal would be, "Be in sufficient shape to run a marathon."
- Set short-term milestones to help you reach your long-term goal like, "Prepare to run a 5K in six weeks at the local park with my daughter."
- Create a daily routine to help you accomplish the short-term milestones and prepare you for the long-term goals.
- Ensure the goals are quantifiable. "I'm going to walk more" is far more difficult to track and measure than, "Every day, I'll walk around the track 16 times."

Ask yourself if you have everything you need to complete all your goals.



## Proactive Medical Care Goal

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## Informed Self-Care Goal

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## Reduce Toxicity Goal

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## Rest & Manage Stress Goal

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## Movement & Metabolism Goal

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## Nutrition & Digestion Goal

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# Weekly Check-In

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. Be honest with yourself. These five-minute check-ins are for your benefit!

## 1. Rate your average energy levels over the last seven days.

1 = Extremely low energy 10 = Abundant energy

1 2 3 4 5 6 7 8 9 10

## 2. Rate your clarity of mind and cognitive performance over the last seven days.

1 = Brain fog or mental haze 10 = Mental clarity and task capability

1 2 3 4 5 6 7 8 9 10

## 3. Rate your overall mood over the last seven days.

1 = Negative mood 10 = Positive mood

1 2 3 4 5 6 7 8 9 10

## 4. Rate your restful sleep over the last seven days.

1 = Extremely restless sleep 10 = Fully rested awakenings

1 2 3 4 5 6 7 8 9 10

## 5. Rate your hunger over the last seven days.

1 = "I was regularly hungry throughout the day."

10 = "I was rarely hungry outside of mealtimes."

1 2 3 4 5 6 7 8 9 10

## 6. Rate any struggles with unwanted hunger cravings over the last seven days.

1 = Major struggles with hunger cravings

10 = Zero pesky hunger cravings

1 2 3 4 5 6 7 8 9 10

## 7. How many days in the past week did you engage in fitness activities or at least 30 minutes of strenuous movement or weight training?

1 = High stress levels 10 = No stress at all

1 2 3 4 5 6 7 8 9 10

## 8. How many days in the past week did you engage in fitness activities or at least 30 minutes of strenuous movement or weight training?

A. 1 E. 5

B. 2 F. 6

C. 3 G. 7

D. 4

## 9. In as much detail as possible, describe any changes you've noticed to your skin's health over the past week here:

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## 10. If you've been taking measurements or noted something else about your body's composition, include the information here:

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## 11. If you've experienced other changes during this challenge and would like to share about them, add the details here:

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## 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



## Daily Schedule

### 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 30-Day Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

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# How to Take Your Measurements

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. Be honest with yourself. These five-minute check-ins are for your benefit!

- **Waist:** Find your natural waist or the narrowest part of your torso.
- **Hips:** Find the widest part of your glutes by looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.
- **Chest:** Stand with your feet together and your torso straight and find the widest part around your bust.
- **Dominant arm:** Stand straight with your arm relaxed and find the midpoint between the shoulder bone and the elbow of one arm.
- **Dominant thigh:** Stand straight and find the midpoint between the lower part of your glutes and the back of your knee—the widest part of the thigh.

# Measurement tips:

- Wear fitted clothes or no clothes if you can.
- Stand with your feet together and relax your body for all the measurements.
- Use a flexible, inelastic tape measure like a cloth measuring tape.
- Take your measurements at least twice and average the measurements to get your final numbers.
- Don't worry if you lose inches without losing weight, as that's actually a sign you're losing fat and gaining muscle.
- Take your measurements first thing in the morning before eating or drinking. Every time you retake them, do so at the same time and under the same circumstances so you can trust the results.

	Waist	Hips	Chest	Arms	Thigh
Week 1					
Week 2					
Week 3					
Week 4					