Wellness Lifestyle Assessment

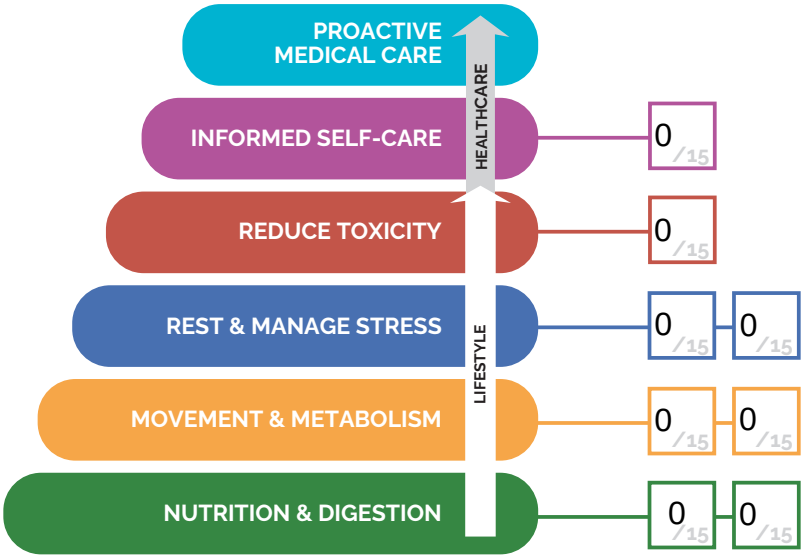


Welcome to the Wellness Lifestyle Assessment! This form is designed to help you take control of your health and well-being by assessing aspects of your health through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to identify which dōTERRA products will best support you on your journey toward an optimal wellness lifestyle.

Give yourself a score in each area on a scale between 1–5: 1: Strongly disagree **2:** Disagree **3:** Neither agree nor disagree **4:** Agree **5:** Strongly agree

NUTRITION	I eat a healthy, nutrient-rich diet that's high in whole foods and low in ultra-processed foods.	0	
	I'm mindful of my portions. I eat when I'm hungry and stop when I'm full. I avoid snacking between meals.	0	0 TOTAL SCORE
	I use micronutrient and macronutrient supplements to ensure my nutritional needs are met.	0	
DIGESTION	I'm free from digestive discomfort.	0	
	I don't struggle with food sensitivities.	0	0 TOTAL SCORE
	I make sure to include prebiotic and probiotic foods in my diet at least weekly.	0	
MOVEMENT	I'm physically active, getting at least two hours of moderately intense activity or an hour of vigorous activity per week.	0	
	I do at least two days of muscle strengthening per week.	0	0 TOTAL SCORE
	I give myself time to rest and recover from activities, including gentle stretching and using dōTERRA products to support the recovery process.	0	
METABOLISM	I have good energy during the day. I don't suffer from brain fog or sugar cravings or need caffeine or energy drinks.	0	
	I use smart supplementation to complement targeted metabolic health effects.	0	0 TOTAL SCORE
	I stay satiated for hours after eating.	0	
REST	I'm getting enough sleep to feel rested and alert the next day.	0	
	I have good sleep hygiene practices.	0	0 TOTAL SCORE
	I'm familiar with and use smart supplementation to help on days when sleep is challenging.	0	
MANAGE STRESS	I know my main sources of stress and I have and use adequate resources to manage them.	0	
	I have self-care strategies and use them to help manage my stress.	0	0 TOTAL SCORE
	I'm familiar with and use supplements and products that help as I relax and unwind.	0	
REDUCE TOXICITY	I'm familiar with the most common environmental toxins and ways to avoid them.	0	
	I use nontoxic, eco-friendly products at home and advocate for them with friends and family.	0	0 TOTAL SCORE
	I focus on supporting my body's natural detoxification process, such as by limiting alcohol intake.	0	
INFORMED SELF-CARE	I educate myself on proactive wellness lifestyle habits.	0	
	I work hard to continuously support my immune function.	0	0 TOTAL SCORE
	I use smart supplementation to complement self-care efforts.	0	

With this form, you can identify health areas where you're doing well and where you may need to make lifestyle changes to improve your overall health. The larger the gap between what the ideal is and where you scored should help you identify which areas of the Wellness Pyramid to prioritize.



Lots of food sources provide vitamins and minerals, but American adults are generally falling short in meeting their daily nutrient requirements. If certain nutrients are missing, your body isn't receiving the resources it needs to function properly. Your overall health can be negatively impacted. Consider focusing on the foundations of wellness, Movement & Metabolism and Nutrition & Digestion, as you pick your top 3 health priorities.

Identify which health goals you'd like to focus on in each category of the Wellness Pyramid:

NUTRITION & DIGESTION

HEALTH GOALS

- ☐ Eat whole, fresh foods
- ☐ Nutritional supplementation
- ☐ Support gut health

Other

MOVEMENT & METABOLISM

HEALTH GOALS

- ☐ Support mobility
- ☐ Support healthy inflammatory response
- ☐ Support metabolic health

Other

REST & MANAGE STRESS

HEALTH GOALS

- ☐ Experience quality sleep
- ☐ Improve stress management
- ☐ Create a mindfulness routine

Other

REDUCE TOXICITY

HEALTH GOALS

- ☐ Support detoxification
- ☐ Toxin free living
- ☐ Natural self-care

Other

INFORMED SELF-CARE

HEALTH GOALS

- ☐ Become informed
- ☐ Prioritize natural solutions
- ☐ Support healthy immune response

Other

THE TOP 3 HEALTH PRIORITIES I'M FOCUSING ON:

Let's identify which dōTERRA® products will best support your wellness goals.

Start Your Plan with One Scan >>