

# Wellness Lifestyle Assessment

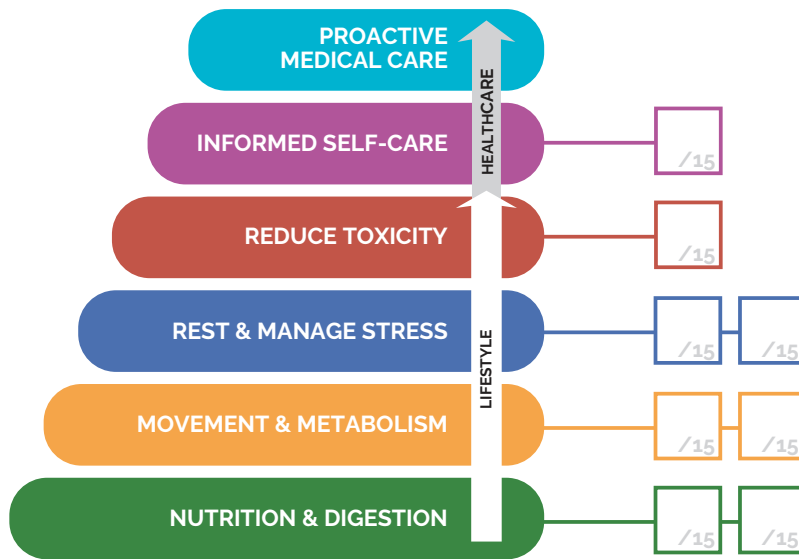


**Welcome to the Wellness Lifestyle Assessment!** This form is designed to help you take control of your health and well-being by assessing aspects of your health through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to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

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	MOVEMENT & METABOLISM	REST & MANAGE STRESS	REDUCE TOXICITY	INFORMED SELF-CARE
<p><b>HEALTH GOALS</b></p> <p><input type="checkbox"/> Eat whole, fresh foods</p> <p><input type="checkbox"/> Nutritional supplementation</p> <p><input type="checkbox"/> Support gut health</p> <p><b>Other</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>HEALTH GOALS</b></p> <p><input type="checkbox"/> Support mobility</p> <p><input type="checkbox"/> Support healthy inflammatory response</p> <p><input type="checkbox"/> Support metabolic health</p> <p><b>Other</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>HEALTH GOALS</b></p> <p><input type="checkbox"/> Experience quality sleep</p> <p><input type="checkbox"/> Improve stress management</p> <p><input type="checkbox"/> Create a mindfulness routine</p> <p><b>Other</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>HEALTH GOALS</b></p> <p><input type="checkbox"/> Support detoxification</p> <p><input type="checkbox"/> Toxin free living</p> <p><input type="checkbox"/> Natural self-care</p> <p><b>Other</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>HEALTH GOALS</b></p> <p><input type="checkbox"/> Become informed</p> <p><input type="checkbox"/> Prioritize natural solutions</p> <p><input type="checkbox"/> Support healthy immune response</p> <p><b>Other</b></p> <p>_____</p> <p>_____</p> <p>_____</p>

**THE TOP 3 HEALTH PRIORITIES I'M FOCUSING ON:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

