

dōTERRA® 90-Day Reset | DAILY TRACKER

Month 2 Cleanse Phase

Goal: Stimulate detoxification and elimination.*

ACTIVATE



dōTERRA PB Restore™
Take 1 capsule with AM meal. Do not consume at the same time with GX Assist®.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



TerraZyme™
Take 1 capsule on an empty stomach AM and PM and 1-2 capsules with meals, especially when eating enzyme-deficient foods.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



VMG+™
Take 1 sachet in water daily.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



EO Mega®+
Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BUILD



RevitaZen+™ Complex
Take 1 capsule with AM meal. Add 1 with PM meal as needed.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



RevitaZen™ Blend
Add 1-5 drops per 8 or more ounces of water or to a capsule for a total of 10-15 drops per day.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLEANSE



GX Assist®
Take 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



DDR Prime® Complex
Take 1-2 softgels with AM and PM meals.

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TARGETED SOLUTIONS

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Days 1-10	Days 11-20	Days 21-30
AM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Include in your daily routine oils and blends to be used topically and aromatically.