

THE SMILE SCORE

LIVE HEALTHIER. FEEL HAPPIER.



SLEEP ENOUGH

DID I REST TODAY?



MOVE MY BODY

DID I EXERCISE TODAY?



INHALE. EXHALE.

DID I MEDITATE TODAY?



LOVE AND CONNECT

DID I CONNECT WITH SOMEONE TODAY?



EAT TO NOURISH

DID I CHOOSE HEALTHY FOODS TODAY?

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