

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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