

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?

How does it work?

Each letter (S, M, I, L, E) represents one healthy habit, and counts as one point. The daily score ranges from 0 to 5.

If your score is low, this tool is a gentle reminder to get back on track, and it provides concrete habits to focus on first.