

# 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.

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