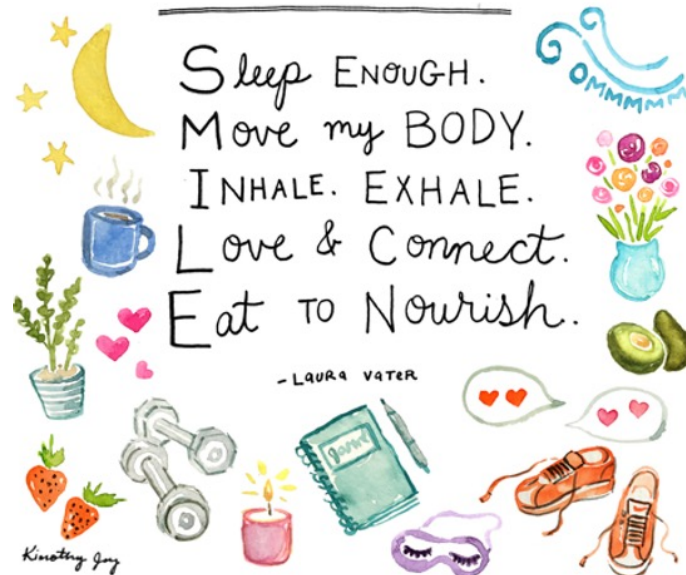


THE SMILE SCALE



Directions: Each letter of the word, SMILE, represents a healthy habit. Award 1 point for each healthy lifestyle habit for a total score of 5 points. A higher score is indicative of a happier and healthier lifestyle.

SMILE Scale	Yes/No	Healthy Lifestyle Strategies
<p>S - Sleep enough</p> <p>Did I sleep 7-9 hours today? Was my sleep restorative?</p>		<p>Keep bedroom dark, quiet, and cool.</p> <p>Reduce night screen usage.</p>
<p>M - Move my body</p> <p>Was I physically active for 30 minutes or more today?</p>		<p>Add small, varied amounts of exercise into your routine.</p>
<p>I - Inhale. Exhale</p> <p>Did I find healthy ways to reduce stress today?</p>		<p>Consider meditation, breathing deeply, walking in nature, focusing on gratitude, or even reflecting on literature.</p>
<p>L - Love and connect</p> <p>Did I meaningfully connect with someone today?</p>		<p>Call a loved one, saying a kind word, spending time with family, or having coffee with a friend.</p>
<p>E - Eat to nourish</p> <p>Did I choose foods that nourish my body?</p>		<p>Eat a balanced diet and limit sugar filled beverages.</p>