

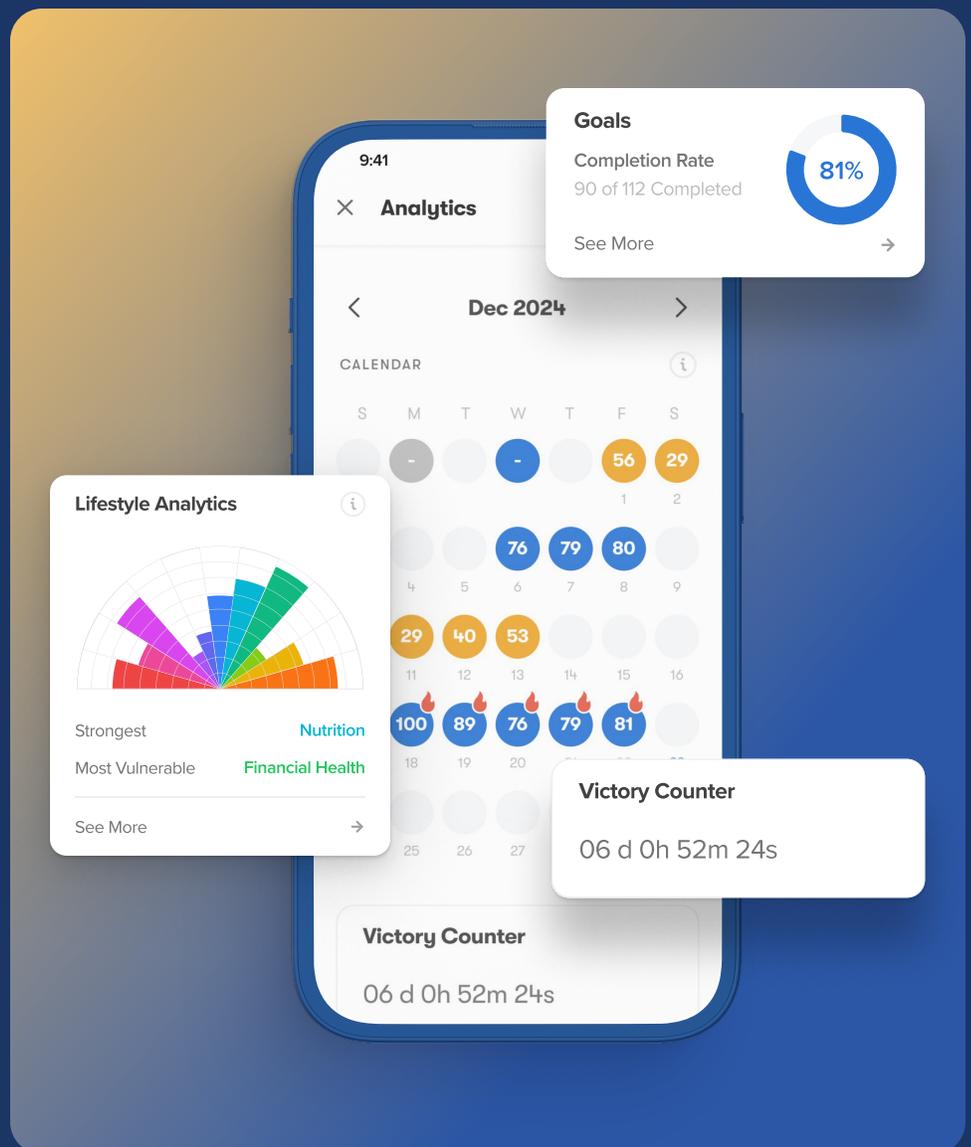
Daily Check-in

The Daily Check-in is a quick, easy to use tool designed for daily engagement, taking less than one minute to complete. It involves lifestyle-oriented questions that provide an overall Daily Lifestyle Score, integrated into an Analytics Calendar to track progress over time.

Regular use of the Daily Check-in empowers users with data-driven insights into their daily habits and choices. This fosters greater self-awareness, promotes positive lifestyle changes, and encourages proactive health and wellbeing management.



Download the Impact Suite app to take your Daily Check-in.



Tips for the Daily Check-in

- Use the insights to make small, positive adjustments to your lifestyle.
- Review your Daily Lifestyle Score and reflect on your habits.
- Make the Daily Check-in a part of your morning routine.