Types of Emotion What to Track of emotions food to that doesn't Misc take note that help keep track help for sodium of Salt Possibly: have Motivation a walking Gluttony exercise since they may walk **Callories** vegtables from class to class Iodine Guideance Keep track of Stress budgetting Calcium **Dairy** and don't go overboard with cost Zinc Confidents Depression **Nutrients** Meat Make sure the user have a well balance diet Competition **Artificial** Fruit Carbs health Help with flavor people who need help trying to lose Anxiety weight **Vitamins** Snacks Sugar Candy