

Track of

sodium

Callories

Calcium

Nutrients

Carbs

Vitamins

emotions
that help

Motivation

Guideance

Confidents

health

Emotion
that doesn't
help

Gluttony

Stress

Depression

Competition

Anxiety

Types of
food to
keep track
of

vegetables

Dairy

Meat

Fruit

Snacks

Candy

What to
take note
for

Possibly: have
a walking
exercise since
they may walk
from class to
class

Keep track of
budgetting
and don't go
overboard
with cost

Make sure the
user have a
well balance
diet

Help with
people who
need help
trying to lose
weight

Misc

Salt

Iodine

Zinc

**Artificial
flavor**

Sugar