Charlotte Young

Age: 34

Work: fashion designer

Status: Single

Location: Los Angeles, CA

Interest: shopping, creating content for social media

Health Goals: maintain current weight, exercises 3 x a week

# of times eats at a restaurant per week: 4-8

Why WTF? Charlotte is often indecisive with what to eat but also wants to maintain her weight

David Smith

Age: 37

Work: sales

Status: Married

Location: Huntington Beach, CA

Interest: NBA, videogames

Health Goals: low carb, maintain weight, exercises every other day

# of times eats at a restaurant per week: 1-2 a week

Why WTF? David gets bored with his food easily, but always has staple foods at home.