



Annette King

Age: 35

Education: Masters

Hometown: New York

Family: Husband and child

Occupation: Software Engineer

“I get anxiety when I think about what I have to eat [at theme parks].”

Goals

- To live a structured life, while being a great mom/parent.
- Eat plant-based meals as much as possible.

Frustrations

- Not having enough healthy options to choose from when at theme parks
- Feels anxious whenever a theme park trip comes up.

As a busy working mom, Annette does her best to follow healthy habits and routines so she can be her best self. Every now and then, her family goes to theme parks which causes her a great deal of anxiety as it throws off her goals of eating healthy. Since there is no choice, she just picks the lesser of the evils that is available to her, like fries.