

February 2025 – Food and Mood

Did you know that the foods you eat can influence your mood and how you feel? This month try to write down the foods you eat and how they make you feel. Be sure to check out the additional handout this month to learn more about how food can impact mental health.



Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Food: _____ Mood: _____
2	3	4	5	6	7	8
Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____
9	10	11	12	13	17	15
Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____
16	17	18	19	20	21	22
Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____
23	24	25	26	27	28	
Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	Food: _____ Mood: _____	

Image credit: <https://time.com/6344753/food-improve-mood-nutritional-psychiatrists/>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by March 7th.