



MIGRAINE DIARY

One of the best ways to pinpoint your headache triggers is by keeping a headache diary. Take this with you to your next appointment to go over with your doctor.

Your Name: _____

Date				
Time headache began				
Time headache ended				
Warning signs (aura)				
Location of pain				
Type of pain (pressing, throbbing, piercing, etc.)				
Intensity of pain 1=mild, 10=severe (circle one)	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Other symptoms (nausea, vomiting)				
Medication taken/other treatment				
Effect of treatment				
How headache affected my normal routine				
Hours of sleep the night before the headache				
What I ate before the headache (caffeine, diet soda, chocolate, hot dogs, food with artificial sweeteners, processed foods)				
Activities before headache occurred				
Important or stressful events that occurred today				
Comments				