

## Migraine Diary

Use this journal to record your migraines, symptoms, and treatment to help:

- your doctor makes a diagnosis
- you recognize triggers and warning signs
- assess whether your medication is working
- show any patterns

It's best to keep it simple and record basic information, including:

- date and time of onset
- how long the migraine lasted
- how bad the migraine was on a pain scale
- other symptoms in addition to the headache (**D** = Dizziness, **L** = Light sensitivity, **S** = Sound sensitivity, **M** = movement sensitivity, **AP** = Abdominal pain, **N** = nausea, **V** = vomiting)
- any medication you take, including dosage
- the impact of the attack: did you miss school, sports or hobbies?
- possible triggers, your period, changes in medication, different symptoms





