

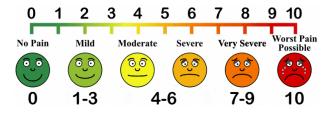
Migraine Diary

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



Migraine Diary

DATE	TIME	DURATION	PAIN LEVEL (1-10)	OTHER SYMPTOMS*	PREVENTIVE MEDICATION & DOSAGE	RESCUE MEDICATION & DOSAGE	MISSED SCHOOL, ACTIVITIES, PLAY	COMMENTS



HOSPITALS • RESEARCH • FOUNDATION