

Migrane Diary

Month :

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Headache Today ?

YES																																	
NO																																	

Intensity

Mild able to function
Moderate unable to function but no bed rest
Severe bed rest need

MILD																																
MODERATE																																
SEVERE																																

Duration

< 4 hours
 4-12 hours
 13-24 hours

4																															
4-12																															
13-24																															

Headache symptoms

Nausea																															
Light sensitivity																															
Vomiting																															

TIME OF DAY

Morning 8am-Noon
Afternoon 1pm-5pm
Evening 6pm-11pm

MORNING																															
AFTERNOON																															
EVENING																															

MEDICATION

Advil / Aleve																															
Other																															

Relief

YES																															
NO																															

SLEEP LAST NIGHT

Part 2-4 hours
Some 5-7 hours
All 8-9 hours
Slept in 10 or more hrs

PART																															
SOME																															
ALL																															
SLEPT IN																															

WEATHER

Cold under 40 des
Cool 50 - 70 des
Warm 70 - 80 des
Hot above 80 des
Thunder Storms

Front moving in																														
Overcast																														
Sunny																														
Cold																														
Cool																														
Warm																														
Hot																														
Storms																														