

Bring it to your medical appointment!

Using a diary is the best way to make the right decisions about your migraines/headaches.

DOWNLOAD on www.migrainecanada.org

Want an APP? See migrainetracker.ca

Month	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	T			
Headache 0 1 2 3*																																			
Aura /symptom of interest																																			
Period																																			
Lifestyle																																			
Tx																																			
Tx:																																			
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Effect acute tx																																			
STABLE Prev																																			
NEW prev																																			
Notes																																			

Number of days for each HA severity				
0	1	2	3	Tot

Total number of days with any acute medication intake

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Quick reminder:

Headache severity: 0 = headache free day 1= mild, can function 2=moderate, slowed 3= severe cannot function * = miss work or personal activity

Effectiveness of acute tx: S = success P = partial benefit F = failure R= recurrence of HA E = side effects

Acute treatment: taken as needed for an attack /headache episode **Preventive treatment:** taken every day to reduce headache frequency