



Migraine Headache diary 3 months

Canada

DOWNLOAD on www.migrainecanada.org

Want an APP? migrainetracker.ca

Filling a diary is the best way to make the right decisions about your migraines.

	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		
Headache 0 1 2 3*																																	
Period																																	
Preventive Meds																																	
Tx:																																	
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Effect of medication																																	

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INSTRUCTIONS: HOW TO FILL MY HEADACHE DIARY?

Write down all your headache according to their severity (1 = mild, 2= moderate, 3 = severe).

ADD a star * if you missed work or needed bed rest. The free line can be used to track anything relevant.

Write the name(s) of preventive meds and indicate the days when you change the doses

Write the names of your acute medications in the Tx squares on the left. Put a check if you used them for each day.

Write codes for efficacy: F=faillure, P=partial benefit, S=success, R=recurrence (attacks comes back the same day).