

How to Use Your Diary

1

On the left hand side of the page each day of the month is listed.

2

Across the top is a record of all the information that can affect your migraine.

3

Simply check the box and write in the information.

4

Share this information with your physician who will help you manage your headaches.

February

Managing My Headache

MONTH	FIRST HAPPENED		HOW BAD	SYMPTOMS								TRIGGERS	MEDICATION TAKEN	DURATION OF PAIN	THIS ATTACK STOPPED ME FROM PARTICIPATING	
	A.M.	P.M.		Headache	Soreness	Flu-like pain	Nausea	Light	Sounds	Aura	Other					
DATE																
1	✓															
2																
3																
4																
5																
6																
7																
8	✓															
9	✓															
10																
11																
12																

Air Quality

Possible Migraine Triggers

On charts enter appropriate number that applies in section labelled TRIGGERS.

Diet

- 1 Chocolate
- 2 Yellow Cheese
- 3 Monosodium Glutamate (MSG)
- 4 Aspartame (diet soft drinks)
- 5 Caffeine (coffee, tea, pop)
- 6 Nuts
- 7 Processed meats, hot dogs, bacon

External Changes

- 8 Weather/barometric pressure/ humidity
- 9 Schedule changes
- 10 Sleeping patterns
- 11 Skipping meals

Stress

- 12 Times of intense activity
- 13 Let down periods
- 14 Loss (separation, death, divorce)
- 15 Moving
- 16 School problems/change
- 17 Arguments/fights
- 18 Crisis (please explain)
- 19 Menstruation/period

