

Headache diary 3 months

www.MigraineCanada.org

Name: _____

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

Months: _____

Prophylaxis: _____

	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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Aura																																
Menses																																
Note/ comment																																
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Write down all your headache according to their severity (1 = mild, 2= moderate, 3 = severe).
 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 down the efficacy (0=none, 1=partial, 2=success, attack was controlled).