My Migraine Diary

Tracking Your Migraines

Record the details of each migraine attack below to help you and your HCP discuss your migraine history and assess how well your medications are working.



Month(s)

Rating scale

Severity of symptoms: **1**=Mild, **2**=Moderate, or **3**=Severe
How well treatment worked: **1**=I felt much better, **2**=I felt a little better, or **3**=No change, I felt the same

Date	Severity	Length	Treatment/ management	How well treatment worked	Other/notes
MM/DD/YY	(rate 1-3)	(time)	(medication, dose)	(rate 1-3)	(eg, triggers, symptoms, missed activities)

It's important to track what happened in the 6 to 8 hours before a migraine attack. Using a migraine diary can make tracking these details easier.

My Treatment Plan

Talk with your HCP to develop a migraine treatment plan that meets your needs. Keep track of your medications below, and discuss a follow-up plan when starting a new treatment.

Acute Treatment		
Medicine	**Dose**	**Instructions**

Preventive Treatment		

Lifestyle Management		
Sleep	**Nutrition**	**Physical Activity**

Other:

Follow-up instructions: