

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

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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: