Migraine Tracker

Monitoring your migraine attacks can help you and your doctor uncover patterns and identify triggers. While some people turn to apps to help them with this, you can also use pen and paper. Feel free to make copies of the tracker below to record details about your migraines over the next two or three months, or simply use it as a jumping-off point for creating your own migraine diary. Then, bring this info to your next appointment. The more details you share at your visit, the better equipped your doctor will be to help you manage your condition.

Month/Year:

Date	Time	Symptom(s), Severity, Duration	Medication Taken, Dosage, Effect	Possible Trigger(s)	How My Day Was Affected