

Migraine Diary for (Name)

(NSF = nearly symptom free, CSF = completely symptom free)

Date	P period	M (migraine) H (headache) NSF (nearly) CSF (completely)	Wanted to lie down	Had to lie down + Hrs	Aura With Migraine Y/N Intensity 1-5	Headache Intensity 1-10 + Hrs	Headache Duration (if you took a drug T=triptan P=painkiller)	Nausea 1-5 Vomit Y/N	Photo phobia 1-5	Brain Fog 1-5	Mood 1-5 1=good 5=bad	Jaw clenching or grinding 1-5	Neck Ache 1-5	Abdominal discomfort or bloating 1-5			Other symptoms eg visual disturbance, numbness	Medication taken to stop attack Triptan? Painkiller?	Did meds stop attack Y/N
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