Migraine Symptom Diary

Keeping track of your migraine symptoms can help your healthcare provider better diagnose and treat your migraines.

- Use the chart below to keep track of your migraine pain and symptoms
- Bring it to your next appointment with your healthcare provider to discuss your migraine history

WHAT DAY DID YOU HAVE PAIN?	WHEN DID THE PAIN START AND FINISH? (time)	WHERE WAS THE PAIN LOCATED? (eg, between eyes, back of head, etc)	HOW INTENSE WAS THE PAIN? (rate from 1-10 with 10 being most severe)	DID YOU EXPERIENCE ANY WARNING SIGNS OR SYMPTOMS? (eg, aura, nausea, vomiting, sensitivity to sound, sensitivity to light)	CAN YOU IDENTIFY ANY POSSIBLE TRIGGERS? (eg, food eaten, hours of sleep, strenuous activity, elevated stress)	WHAT MEDICATION DID YOU TAKE FOR THE PAIN? (including dosage)	DID YOU GET RELIEF FROM THE MEDICATION?	OTHER NOTES

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