

Monthly migraine diary

Name: _____

Month: _____

Other Drugs / Daily Prevention:

Drug Name: _____

Dose: _____

Hormonal Treatments:

Drug Name: _____

The migraine diary card is one of the most important tools to help you manage your migraines. It will help you monitor the frequency, severity and duration of your attacks and identify any patterns in possible triggers. Identifying these patterns may enable you to take action to prevent or manage your attacks better.

The diary will also monitor the success or failure of any treatments and medications, thus providing you and your doctor with a tool to implement a specific treatment plan. Remember to bring your diary card with you on your next doctor's visit.

THINGS TO NOTE:

- Record approximately when the attack started and finished
- 'Headache Pain Score', 1 means low level pain and 10 is severe pain. If you do not suffer from a headache during your migraine attack, include '0' as your score
- List ALL medications taken, including dose and time taken
- For women, if applicable, please record in the last column when your period starts and stops. If you take any hormone treatments (e.g. contraceptive pill, HRT etc.) record this in the hormonal section at the top of this page
- If you experience aura or other visual symptoms, please also mark them in the symptoms column, or in the notes section at the back

Day	Time start/finish	Headache pain score (1-10)	Symptoms	Triggers	Medication (dose & time taken)	Relief (complete/moderate/none)	Period yes/no
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

Day	Time start/finish	Headache pain score (1-10)	Symptoms	Triggers	Medication (dose & time taken)	Relief (complete/moderate/none)	Period yes/no
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

Notes:
