

## How to Use Your Diary

1

On the left hand side of the page each day of the month is listed.

2

Across the top is a record of all the information that can affect your migraine.

3

Simply check the box and write in the information.

4

Share this information with your physician who will help you manage your headaches.

*February*

### Managing My Headache

MONTH	FIRST HAPPENED		HOW BAD	SYMPTOMS							TRIGGERS	MEDICATION TAKEN	DURATION OF PAIN	THIS ATTACK STOPPED ME FROM PARTICIPATING	
	A.M.	P.M.		Headache	Soreness	Flu-like pain	Nausea	Visioning	Light	Sounds					Aura
DATE															
1	✓														
2															
3															
4															
5															
6															
7															
8	✓														
9	✓														
10															
11															
12															

*Air Quality*

## Possible Migraine Triggers

On charts enter appropriate number that applies in section labelled TRIGGERS.

### Diet

- 1 Chocolate
- 2 Yellow Cheese
- 3 Monosodium Glutamate (MSG)
- 4 Aspartame (diet soft drinks)
- 5 Caffeine (coffee, tea, pop)
- 6 Nuts
- 7 Processed meats, hot dogs, bacon

### External Changes

- 8 Weather/barometric pressure/ humidity
- 9 Schedule changes
- 10 Sleeping patterns
- 11 Skipping meals

### Stress

- 12 Times of intense activity
- 13 Let down periods
- 14 Loss (separation, death, divorce)
- 15 Moving
- 16 School problems/change
- 17 Arguments/fights
- 18 Crisis (please explain)
- 19 Menstruation/period

