

MIGRAINE PRODROME TRACKER

Phase: Warning (Hours to Days before pain)

Date Observed: _____

Duration of Phase: _____

SYMPTOM CATEGORY	COMMON INDICATORS	INTENSITY (1-5)
Neurological & Mood	Irritability	1
	Euphoria	2
	Hyperactivity	3
	Depression	4
	Difficulty concentrating	5
Sensory & Physical	Light sensitivity	1
	Sound sensitivity	2
	Neck stiffness	3
	Muscle aches	4
	Yawning (excessive)	5
Digestive & Cravings	Food cravings	1
	Thirst/Polydipsia	2
	Constipation	3
	Diarrhea	4
	Nausea	5

SYMPTOM CATEGORY	COMMON INDICATORS	INTENSITY (1-5)
Cognitive (Brain Fog)	Aphasia (lost words)	1
	Slowed thinking	2
	Memory lapses	3
	Dizziness	4
		5

Additional Observations (Triggers, weather changes, sleep quality):

This chart is for personal tracking and informational purposes only. Consult a healthcare provider for diagnosis.