

MIGRAINE ATTACK LOG

Patient Name: _____ Month: _____

Goal: Track duration & triggers

Intensity Scale: 1-3 Mild (Functioning) 4-6 Moderate (Hard to focus) 7-9 Severe (In bed) 10 Emergency

DATE	START TIME	END TIME	DURATION	PEAK (1-10)	TRIGGERS / SYMPTOMS	MEDICATION / RELIEF
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DATE	START TIME	END TIME	DURATION	PEAK (1-10)	TRIGGERS / SYMPTOMS	MEDICATION / RELIEF
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Note: Log the moment "aura" or prodrome begins until the "postdrome" hangover fades.