

# MIGRAINE TRIGGER TRACKER

Month/Year:

Patient:

Date	Start Time	Severity (1-10)	Duration	Triggers (Food, Stress, Weather, Sleep)	Symptoms (Aura, Nausea, Light)	Relief / Medication
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<b>Date</b>	<b>Start Time</b>	<b>Severity (1-10)</b>	<b>Duration</b>	<b>Triggers (Food, Stress, Weather, Sleep)</b>	<b>Symptoms (Aura, Nausea, Light)</b>	<b>Relief / Medication</b>
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**Severity:** 1-3 Mild, 4-6 Moderate, 7-9 Severe, 10 Emergency

**Common Triggers:** Caffeine, Alcohol, Dehydration, Screen Time, Hormones, Bright Light, Strong Smells

**Notes:** Track sleep quality and meal times for better accuracy.