

# STRESS & MIGRAINE TRACKER

Month/Year:

Patient Name:

<b>DATE</b>	<b>STRESS LEVEL (1-10)</b>	<b>MIGRAINE INTENSITY</b>	<b>SYMPTOMS / AURA</b>
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Migraine Scale: 0 (None) to 10 (Emergency) | Stress Scale: 1 (Calm) to 10 (Extreme Burnout)