

Annual migraine diary

National
Migraine
Centre

1. We recommend that you print this diary out on card and then cut to size for convenience and durability.
2. Complete the heading details including the year that diary was commenced.
3. Record migraines or headaches against the relevant date with the following symbols:
X = migraine / = headache
4. For women, as appropriate, this diary can be used as a menstrual migraine diary. Record period days or spotting against the relevant date with the following symbols:
○ = period ● = spotting

Please note that a migraine or headache symbol should be used over the period or spotting symbol when this happens on the same day.

5. In consultation with your doctor you may wish to develop your own code to document additional specific triggers or treatments eg use of preventative treatment at period time. However, these diaries work best when they are used in a simple format.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JULY																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

Name: _____ DOB: _____ Date: _____

Symptomatic drugs
 Daily prophylactic drugs
 Hormones
 Other regular medication

X = migraine / = headache
For women:
○ = period ● = spotting

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