Tracking your headaches is an effective way to properly diagnose and treat migraines.

Keeping a headache diary can help identify potential triggers, as well as provide insight to you and your provider to help prevent, manage and treat your migraines. Use this diary at the onset of every headache.

Name: _____

Date	Time	Length of headache	Pain rating 1-10	Possible triggers*	Symptoms leading up to the headache	Treatment (medication, heat, etc.)	Response to treatment

*Possible triggers include stress; eating specific foods or skipping meals; consuming too much or too little caffeine; hormonal changes; or changes in physical activity, sleep or weather.

