

# Migraine Pain Diary

Comprehensive migraine tracking: all 4 phases, triggers, aura, medications, and monthly summary. Structured for neurologist review.

Name:

Date Range:

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

Migraine Episode Log

Record each migraine episode. Document onset, peak, resolution, and total duration. Mark location: L = Left, R = Right, B = Bilateral.

Date	Start	Peak	End	Pain 0-10 (onset)	Pain 0-10 (peak)	Side (L/R/B)	Quality (throb/press/stab)

Headache Location Map

For each episode, mark the primary pain location(s): Frontal, Temple (L/R), Behind eye (L/R), Top of head, Occipital (back), Neck.

Date	Frontal	L Temple	R Temple	L Eye	R Eye	Top	Occipital	Neck

## Prodrome Symptoms (Before the Headache)

Check any symptoms noticed 1–48 hours before the headache started. These early warning signs help predict attacks.

Date	Mood Change	Food Cravings	Yawning	Neck Stiffness	Fatigue	Irritability	Concentration Difficulty

## Aura Tracking

If aura occurs, log the type, onset time, duration, and description. Most auras last 5–60 minutes and precede the headache.

Date	Type (Visual/Sensory /Speech)	Start Time	Duration (min)	Description (zigzags, spots, tingling, etc.)

## Associated Symptoms During Attack

Rate severity: 0 = None, 1 = Mild, 2 = Moderate, 3 = Severe. These help classify migraine type.

Date	Light Sens.	Sound Sens.	Smell Sens.	Nausea	Vomiting	Dizziness	Vision Changes	Neck Pain

## Daily Trigger Diary — Dietary & Hydration

Track daily even on migraine-free days. Check if present. Most triggers have a 12–48 hour delay. Compare trigger days vs. non-trigger days.

Date	Aged Cheese	Alcohol (type)	Caffeine (cups)	Processed Meats	Chocolate	Artificial Sweetener	Skipped Meal	Water (glasses)

## Daily Trigger Diary — Environmental & Lifestyle

Check any factors present each day. Add your own triggers in the blank columns. Look for combinations — most attacks need 2+ triggers.

Date	Bright Lights	Strong Smells	Weather Change	Stress (0-10)	Screen Time (hrs)	Exercise	_____	_____

## Sleep & Hormonal Tracking

Sleep disruption is the #1 modifiable migraine trigger. Track consistently. Hormonal cycle day is essential for menstrual migraine patterns.

Date	Bedtime	Wake Time	Hours Slept	Sleep Quality (1-5)	Cycle Day	Hormone Meds?	Stress Level (0-10)

## Acute Medication Log

Record every medication taken for an active migraine. Track time-to-relief precisely — this guides treatment optimization. Note: >10 triptan days/month or >15 NSAID days/month risks medication overuse headache (MOH).

Date	Medication Name	Dose	Time Taken	Minutes to Relief	Relief % (0-100)	Side Effects	Notes

## Preventive Medication Tracking

Track daily adherence to preventive medications (beta-blockers, anticonvulsants, antidepressants, CGRP inhibitors, etc.).

Date	Med 1: _____	Med 2: _____	Med 3: _____	Taken On Time?	Side Effects Today

## Non-Drug Treatments & Self-Care

Track non-medication interventions. Rate effectiveness 0–10. This helps identify what works best for you.

Date	Dark Room / Rest	Ice / Cold Pack	Heat	Caffeine	Relaxation / Breathing	Other: _____	Effective? (0-10)

## Monthly Summary — Bring This to Your Appointment

Complete at month-end. This single page gives your neurologist the complete clinical picture. Fill in totals and observations.

Month / Year: \_\_\_\_\_

Total Migraine Days This Month: \_\_\_\_\_

Total Headache-Free Days: \_\_\_\_\_

Average Pain Intensity (0–10): \_\_\_\_\_

Worst Single Attack Intensity: \_\_\_\_\_

Longest Attack Duration (hours): \_\_\_\_\_

Acute Medication Days This Month: \_\_\_\_\_

### Top Triggers Identified This Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Most Effective Treatments:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Functional Impact:

Work/School Days Missed: \_\_\_\_\_

Social Events Cancelled: \_\_\_\_\_

Days with Reduced Function: \_\_\_\_\_

### Questions for My Neurologist

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**Doctor's Notes / Plan Changes**

## Quick Reference: Migraine Phases

Phase	Timing	Common Symptoms	Track These
Prodrome	1–2 days before	Mood changes, cravings, yawning, neck stiffness, fatigue	Earliest warning signs — can predict attack
Aura	5–60 min before/during	Visual (zigzags, spots), tingling, numbness, speech difficulty	Type, duration, progression pattern
Headache	4–72 hours	Throbbing pain, photo/phonophobia, nausea, vomiting	Intensity, location, quality, timeline
Postdrome	24–48 hours after	Brain fog, fatigue, weakness, mood changes, residual sensitivity	Duration, severity — counts as disability time

## Common Trigger Categories

Category	Top Triggers
Dietary	Aged cheese, red wine, processed meats, chocolate, artificial sweeteners, MSG, caffeine withdrawal, citrus
Environmental	Bright/flickering lights, strong smells, barometric pressure changes, high altitude, loud noise, screen glare
Lifestyle	Sleep changes, skipped meals, dehydration, intense exercise, irregular schedule, travel, poor posture, teeth clenching
Hormonal	Menstruation, perimenopause, oral contraceptives, hormone therapy, ovulation
Emotional	Acute stress, stress letdown (weekend migraine), anxiety, emotional shock, post-event relaxation

## When to Seek Emergency Care

- "Worst headache of my life" — sudden, severe onset (thunderclap headache)
- Headache with fever, stiff neck, rash, confusion, or seizures
- Headache after head injury, especially with worsening symptoms
- New neurological symptoms: weakness, vision loss, difficulty speaking, or walking
- Migraine lasting >72 hours (status migrainosus) — call your neurologist
- Aura lasting >60 minutes or aura without headache for the first time

### Tips for Better Migraine Tracking

Track every day, not just migraine days — comparison data reveals triggers. Most triggers need 2+ factors to combine. Prodrome symptoms are your early warning system. Note them as soon as they appear — early treatment works best. Bring the Monthly Summary page (page 5) to every neurology appointment. It saves time and improves care.