

Migraine / Headache Diary

Use this diary to track headaches or migraines. Recording details can help you and your healthcare provider identify patterns, triggers, and effective treatments.

Patient Information

Name: _____

Month/Year: _____

Healthcare Provider: _____

30-Day Headache Tracker

Day	Headache? (Yes/No)	Pain Level (0-10)	Medication Taken	Possible Trigger	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

16					
17					
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19					
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21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Detailed Headache Episode Log

Date	Time Started	Time Ended	Pain Level (0-10)	Type of Pain	Location of Pain	Medication Taken	Relief?

Symptoms Experienced

- Nausea
- Vomiting
- Sensitivity to light

- Sensitivity to sound
- Visual changes or aura
- Dizziness
- Neck pain
- Fatigue
- Difficulty concentrating
- Other: _____

Possible Triggers (Past 24 Hours)

Sleep: Hours of sleep ____ | Poor sleep Overslept Interrupted sleep

Food & Drinks: Skipped meal Ate late Caffeine Alcohol Possible trigger food

Foods or drinks consumed: _____

Hydration: Drank enough fluids Possibly dehydrated

Stress Level: Low Moderate High

Environmental Factors: Bright lights Loud noise Strong smells Weather changes
Screen exposure

Hormonal Factors (if applicable): Menstrual cycle Hormonal medication change

Monthly Migraine Calendar

Mark each day using symbols:

○ = No headache △ = Mild headache ● = Moderate headache ■ = Severe migraine

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes for the Month

Weekly Reflection

Total headaches this week: _____

Possible patterns noticed: _____

Questions for my healthcare provider: _____

Medical Disclaimer

This diary is provided for educational and tracking purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Individuals experiencing frequent, worsening, or severe headaches should consult their physician, neurologist, or qualified healthcare provider for evaluation and personalized care. Call 911 if you are experiencing a medical emergency.