

NAME \_\_\_\_\_

# HEADACHE/MIGRAINE DIARY

Every day, you can **fight back** against your condition. Keep track of your headaches to help your doctor see if you have Chronic Migraine and find the right treatment options for you.

## WHAT IS CHRONIC MIGRAINE?

Chronic Migraine is defined as living with:



15 or more headache days each month



Each headache lasting 4 hours or more



At least 8 headache days a month associated with migraine

**CHRONIC MIGRAINE**  
DOESN'T HAVE TO FLATTEN ME



## INSTRUCTIONS

1. Fill out information about your **headaches/migraines every day**, even if you didn't have a headache that day.
2. **Bring the diary with you to every doctor appointment** to help monitor your condition and progress on treatments.

**Record information about your headaches/migraines, then bring to your doctor and ask about Chronic Migraine.**

**Month** \_\_\_\_\_

Day	Example	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
Write in an option every day, even if you didn't have a headache/migraine	None, or headache that lasted less than 4 hours (N)																															
	Mild headache (H)/migraine (M)	H																														
	Moderate headache (H)/migraine (M)																															
	Severe headache (H)/migraine (M)																															
Check any activities you missed because of a headache/migraine	Family event																															
	Social event																															
	Work/school																															
	Housework	✓																														
Write in your acute or preventive medications,* then check off the days you took them	Medication 1:	✓																														
	Medication 2:																															
	Medication 3:																															
	Medication 4:																															

\*Acute medications are taken after headache/migraine pain has already begun. They are available over the counter or by prescription and taken as needed. Preventive medications are taken on a schedule to prevent headaches/migraines.

**FOR YOUR PHYSICIAN**

**Headache days** \_\_\_\_\_ **Migraine days** \_\_\_\_\_

Count days when the patient took acute medication as headache/migraine days.

Visit **MYCHRONICMIGRAINE.COM** to learn more about Chronic Migraine and different types of treatment options.

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