

NAME

## HEADACHE/MIGRAINE DIARY

Headaches and migraines following you around most days? It could be Chronic Migraine. 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 a disease.  
If you have it, you're living with:



**At least 8  
MIGRAINE DAYS  
per month**



**A total of 15 or more  
MIGRAINE AND  
HEADACHE DAYS  
per month\***

\*A headache day is where headaches last 4 or more hours.

#Unfriend  
CHRONIC MIGRAINE



#### 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 treatments are taken after headache/migraine pain has already begun. They are available over the counter or by prescription and taken as needed. Preventive treatments are taken on a schedule to prevent headaches/migraines before they start.

**FOR YOUR PHYSICIAN**

Headache days \_\_\_\_\_ Migraine days \_\_\_\_\_  
Count days when the patient took acute medication as headache/migraine days.

Visit [MYCHRONICMIGRAINE.COM](http://MYCHRONICMIGRAINE.COM) to learn more about Chronic Migraine and different types of treatment options.

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