

Nashville Neuroscience Group, P.C.

Instructions for Migraine Diary

- 1. Place the diary in a location that you pass everyday (e.g., in the bathroom next to your toothbrush).
- 2. Record daily a number (0 to 10) to indicate the severity of any headache occurring during each calendar day (0 is no headache and 10 is the worst headache).
- 3. Circle all days of menstrual flow.
- 4. Note the medication you use to treat your headache under the corresponding day, indicating the doses.
- 5. Note time it takes to reach pain freedom or pain relief, and then note whether headache returns that day.
- 6. Note any missed activities.
- 7. Please note any mood shifts or changes.

MONTH: _____

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