

Date D/M/Y	Started			Duration Hours	Pain Scale From 1 to 4	Migraine Medication					Possible triggers Changes to routine; food; other medication or supplements; sleep; exercise; weather; and any other observations
	Morning	Afternoon	Evening			Name	Dose	No Relief	Some Relief	Complete Relief	
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By keeping a record of your migraines for 2-3 months you may see patterns emerge and it may help to identify environmental triggers.