

Migraine diary template

One detailed entry. Leave a field blank if you do not know - you can add it later.

Date

Start time

End / still ongoing

01 Pain level (1-10), location and symptoms

02 Possible triggers and context

03 Medicine / time taken / relief noted

04 What else happened?

05 Questions for my next appointment

Record medicines as taken. This sheet does not suggest a medicine, dose or change in treatment.

A completed example

Fictional example only. This is not a real patient record or a treatment recommendation.

Date

October 12, 2026

Start time

2:15 PM

End / still ongoing

5:30 PM

01 Pain level (1-10), location and symptoms

Pain 6/10, mostly around the left temple. Nausea and light sensitivity.

02 Possible triggers and context

Slept less than usual and had lunch late. These are observations, not confirmed causes.

03 Medicine / time taken / relief noted

Recorded my usual prescribed medicine and time in my own medicine log. Some relief by 4 PM.

04 What else happened?

Rested in a quiet room. Missed an afternoon task. Symptoms were less intense later.

05 Questions for my next appointment

Which details would be most useful to record consistently? Bring this diary to discuss.

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