

Some Tips

Ratings

- To rate migraine or other symptoms, you can use a 0-10 rating or the green/yellow/red Stoplight Rating (or both).
 - Rate your overall migraine symptoms in column two.
 - Use column three to rate specific migraine symptoms that are especially bothersome or rate another specific condition (mental or physical).
- Be sure to track days you are symptom free, too.

Triggers

- If you know some of your symptom triggers, the columns under "possible triggers" can be tailored to you.
- If you are still figuring out your possible triggers, some to consider: sleep, stress, food or drink, weather, hormonal changes, exertion, etc.

Other

- The tracker page will allow you to track for two weeks. Print as many copies as you need.
- It might help to note your specific symptoms: nausea, light or sound sensitivity, fatigue or brain fog, etc. If you have head pain, you can note the location.
- On days you have symptoms requiring acute treatment, note what you use and the dose (if applicable).
 - After, note how effective those treatments were at managing your symptoms.
- You can use the "Notes" column for any other useful information: e.g., you might want to note when you make treatment changes to see if your symptoms also change.