



# 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.

## Symptoms & Pain Descriptors

- Symptoms: Constipation, Mood swings, Food cravings, Increased thirst and urination, Frequent yawning, Aura (visual, motor, sensory, dysphasic symptoms), Phantom smells, Head pain, Eye, jaw, or neck pain, Sensitivity to light, sounds, smell, and touch, Nausea and/or vomiting, Blurred vision, Light-headedness and/or fainting, Confusion, Dizziness, Weakness or fatigue
- Descriptors: One-sided or both-sided; temples, forehead, top or back of head; Stabbing, throbbing, dull, sharp, crushing, tingling, burning, pressure, constant