

Headache and Migraine Log (page 1 of 3)

Write down every headache the day it happens. A few months of steady entries shows your doctor, and your record, how often attacks happen and what they do to you.

Name: _____ Months covered: _____ to _____

Date	Start time	How long (hours)	Pain 0-10	Had to stop and lie down? (Y/N)	Symptoms (nausea, light or sound sensitivity, aura, vomiting)	Medicine taken and did it help?	Work or duties missed (hours)	Notes / who saw it

Headache and Migraine Log (page 2 of 3)

Write down every headache the day it happens. A few months of steady entries shows your doctor, and your record, how often attacks happen and what they do to you.

Name: _____ Months covered: _____ to _____

Date	Start time	How long (hours)	Pain 0-10	Had to stop and lie down? (Y/N)	Symptoms (nausea, light or sound sensitivity, aura, vomiting)	Medicine taken and did it help?	Work or duties missed (hours)	Notes / who saw it

Headache and Migraine Log (page 3 of 3)

Write down every headache the day it happens. A few months of steady entries shows your doctor, and your record, how often attacks happen and what they do to you.

Name: _____ Months covered: _____ to _____

Date	Start time	How long (hours)	Pain 0-10	Had to stop and lie down? (Y/N)	Symptoms (nausea, light or sound sensitivity, aura, vomiting)	Medicine taken and did it help?	Work or duties missed (hours)	Notes / who saw it

Monthly summary

Fill in at the end of each month. Your doctor can read this page in a minute.

Month	Total headaches	Attacks where you had to stop and lie down	Average length (hours)	Work or duties missed (total hours)	What usually triggers them

Tips from a physician:

- Write it the same day. Notes made at the time carry more weight than memories months later.
- Be exact and honest: how long it lasted, what you had to stop doing, what the medicine did.
- Keep going in good months too. A record with quiet stretches is easier to read than one with gaps.
- Bring this log to your doctor and to any VA exam, and keep a copy for yourself.