Migraines Log Book

This resource is for Migraine sufferers to use to track the frequency and intensity of their Migraines, as well as noting triggers and other associated symptoms.

Note down the date and time of the attack, tick to indicate if you experienced visual aura, note down if there was a trigger for the migraine and how long it lasted, and any other associated symptoms. E.g. nausea, vomiting.

Date	**Visual Aura**	**No Visual Aura**	**Trigger & Duration**	**Notes**