

# ENThealth Migraine Symptom Journal

Keeping a daily symptom journal of factors that might trigger a migraine headache can help you identify foods, events, and routines that you can limit or avoid. Once you know what is likely to trigger an attack, you can take steps to reduce them. Be sure to share this journal with your doctor as they may have additional recommendations for you.

Start Date: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What were your stress and anxiety levels today?							
Did you get plenty of fluids to stay hydrated?							
How much caffeine did you have?							
How much alcohol did you have?							
Did a type of food trigger an attack (e.g., aged cheeses; smoked or cured meats; soy sauce, vinegar, or yeast extracts; onions, olives, or pickles; artificial sweeteners; dark chocolate or peanut butter)?							

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What time did you go to bed?  
What time did you wake up? How  
was the quality of your sleep?

Did you experience any  
hormonal changes?

Did you experience any  
unexpected movement, or a  
"busy" environment?

Additional condition:

Additional condition:

Additional condition: