

Migraine Tracker

Instructions

HOW TO USE THE YEAR AT A GLANCE

- Every time you have a migraine, mark the date with an M.
- If you have periods, mark the first day of each period on the calendar with a P so we can assess for hormonal triggers.
- When you start any treatment (drug, supplement, acupuncture) add the intervention to the list below and mark the corresponding letter on the calendar. This is to assess if treatment is working or not.

A.	
B.	
C.	
D.	
E.	
F.	

HOW TO USE THE MONTHLY DETAILS SECTION

- Every time you have a migraine, log the details of the individual migraine in the Monthly Details section. Listed in that section are common migraine triggers (some supported by research, some less so). Try your best to go through the list and check off all that apply. When there is a list, underline the applicable potential trigger. With a few months of this data, we may be able to isolate some specific things that trigger migraines in you.
- When considering missed meals, consider the last few days as sometimes there is a delay between missing a meal and having a migraine.

Monthly Details

JANUARY

Migraine 1

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

Migraine 2

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

Migraine 3

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

FEBRUARY

Migraine 1

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

Migraine 2

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

Migraine 3

- Potential triggers. Date: Time: Duration: Sympt:
- ☐ Bad sleep
 - ☐ Missed a meal
 - ☐ Dehydrated
 - ☐ Stressed, other strong emotion
 - ☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
 - ☐ Stopped consuming regular caffeine
 - ☐ Intense exercise
 - ☐ Strong smells, bright lights
 - ☐ _____
 - ☐ _____

Monthly Details

MARCH

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
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☐ Strong smells, bright lights
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☐ _____

Migraine 3

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

APRIL

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
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Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 foods, aged cheese, cured
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- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
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Monthly Details

MAY

Migraine 1

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Migraine 2

- Potential triggers. Date: Time: Duration: Sympt:
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 - ☐ Missed a meal
 - ☐ Dehydrated
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JUNE

Migraine 1

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Migraine 2

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Monthly Details

JULY

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
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 caffeine
☐ Intense exercise
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Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 aspartame, caffeine
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AUGUST

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
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Migraine 2

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☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
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Migraine 3

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☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

Monthly Details

SEPTEMBER

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
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 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
☐ Intense exercise
☐ Strong smells, bright lights
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☐ _____

Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
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 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
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☐ Strong smells, bright lights
☐ _____
☐ _____

OCTOBER

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented
 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
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☐ Strong smells, bright lights
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Migraine 2

- Potential triggers. Date: _____
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☐ Missed a meal Sympt: _____
☐ Dehydrated _____
☐ Stressed, other strong emotion
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 foods, aged cheese, cured
 meats, sourdough bread, MSG,
 ham, hotdogs, bacon,
 aspartame, caffeine
☐ Stopped consuming regular
 caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

Monthly Details

NOVEMBER

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
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☐ _____

Migraine 3

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

DECEMBER

Migraine 1

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
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☐ _____

Migraine 2

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
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Migraine 3

- Potential triggers. Date: _____
 Time: _____
☐ Bad sleep Duration: _____
☐ Missed a meal Sympt: _____
☐ Dehydrated Sympt: _____
☐ Stressed, other strong emotion
☐ Consumed alcohol, fermented foods, aged cheese, cured meats, sourdough bread, MSG, ham, hotdogs, bacon, aspartame, caffeine
☐ Stopped consuming regular caffeine
☐ Intense exercise
☐ Strong smells, bright lights
☐ _____
☐ _____

2025

JANUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			