

MigraClarity

Clarity for Every Migraine.

migraclarity.com

Migraine Diary

Track each attack to identify patterns and improve treatment decisions.

Complete one entry per attack. Bring completed pages to your next provider appointment. Track at least 4 weeks.

Month / Year: _____

Attack Entry 1

Date: _____ Start: _____ End: _____ Pain (1-10): _____

Pain Location: _____ Sleep (hrs): _____ Stress (1-10): _____

Symptoms: ☐ Nausea ☐ Vomiting ☐ Light Sensitivity ☐ Sound Sensitivity ☐ Aura ☐ Brain Fog ☐ Dizziness ☐ Neck Pain

Possible Triggers: _____

Medication: _____ Dose: _____ Helped? ☐ Y ☐ N Cycle Day: _____

Notes: _____

Attack Entry 2

Date: _____ Start: _____ End: _____ Pain (1-10): _____

Pain Location: _____ Sleep (hrs): _____ Stress (1-10): _____

Symptoms: ☐ Nausea ☐ Vomiting ☐ Light Sensitivity ☐ Sound Sensitivity ☐ Aura ☐ Brain Fog ☐ Dizziness ☐ Neck Pain

Possible Triggers: _____

Medication: _____ Dose: _____ Helped? ☐ Y ☐ N Cycle Day: _____

Notes: _____

Attack Entry 3

Date: _____ Start: _____ End: _____ Pain (1-10): _____

Pain Location: _____ Sleep (hrs): _____ Stress (1-10): _____

Symptoms: ☐ Nausea ☐ Vomiting ☐ Light Sensitivity ☐ Sound Sensitivity ☐ Aura ☐ Brain Fog ☐ Dizziness ☐ Neck Pain

Possible Triggers: _____

Medication: _____ Dose: _____ Helped? ☐ Y ☐ N Cycle Day: _____

Notes: _____

Want automatic tracking instead of paper?

MigraClarity tracks every entry automatically and generates provider-ready reports with one tap.

Visit: migraclarity.com