

# MIGRAINE DIARY

Keeping a migraine diary can help you understand your condition better and help you and your doctor find the best way to manage your migraines.

Try to use this diary every time you have a migraine to:

- Record symptoms
- Track current triggers and identify any others
- Record any medications used to treat your migraine, like RELPAX® migraine.

You should bring this diary to any appointments with your doctor to help them identify any patterns or triggers, and to assess how well your medication is working.

MIGRAINE EVENT	1	2	3	4
DATE OF MIGRAINE				
TIME (START/FINISH)				
TRIGGERS				
HOURS OF SLEEP NIGHT BEFORE				
STRESSFUL EVENTS				
SYMPTOMS (AND LOCATION OF SYMPTOMS)				
HEADACHE SCORE 0–10 AND TYPE OF PAIN (0 = NO PAIN, 10 = WORST PAIN)				
MEDICATION TAKEN (INCLUDING DOSE)				
EFFECT OF MEDICATION				