

Migraine Tracker Usage Recommendations

Dear [Recipient's Name],

We are pleased to provide you with recommendations for effectively using the Migraine Tracker.

Daily Usage Guidelines:

- **Daily Entry:** Log your migraines daily, including date, duration, and pain intensity.
- **Triggers:** Record potential triggers such as food, stress, and weather changes.
- **Symptoms:** Note accompanying symptoms like nausea, aura, or light sensitivity.
- **Treatments:** Document any medications or treatments used and their effectiveness.

Weekly Review:

Review your entries at the end of each week to identify patterns and discuss them with your healthcare provider.

Tips for Consistency:

- Set a daily reminder to log entries.
- Use a mobile app for convenient tracking.
- Share your tracker with your doctor during appointments.

Following these recommendations will help you gain better insights into your migraine patterns and management strategies.

Sincerely,

[Your Name]

[Your Position]

[Your Contact Information]