

# Migraine Log Instructions

Dear [Patient's Name],

To help you track and manage your migraines effectively, please follow the instructions below:

## Instructions for Your Migraine Log:

1. **Date:** Record the date of each migraine occurrence.
2. **Time:** Note the time the migraine started and ended.
3. **Symptoms:** Describe the symptoms experienced (e.g., throbbing pain, nausea).
4. **Intensity:** Rate the intensity of your pain on a scale from 1 to 10.
5. **Duration:** Record how long the migraine lasted.
6. **Triggers:** List any potential triggers (e.g., food, stress, weather).
7. **Treatment:** Document any medications or treatments used and their effectiveness.
8. **Other Notes:** Include any additional observations that may be relevant.

Please complete your log daily and bring it to your next appointment for review. This will help us understand your migraines better and develop an effective management plan.

Thank you for your cooperation!

Sincerely,  
[Your Healthcare Provider's Name]