

# Migraine Monitoring Diary Guidelines

Dear [Patient's Name],

We are providing you with a Migraine Monitoring Diary to assist in tracking your migraine patterns and triggers. This will help you and your healthcare provider manage your condition more effectively. Please follow the guidelines below for effective usage:

## Using Your Diary

- **Daily Entries:** Record each migraine occurrence, including date and time.
- **Symptoms:** Note the severity of the migraine on a scale from 1 to 10.
- **Duration:** Track how long each migraine lasts.
- **Triggers:** Identify any potential triggers, such as foods, stress, or changes in routine.
- **Relief Measures:** Document any treatments or medications taken and their effectiveness.

## Reviewing Your Diary

At your follow-up appointment, bring your completed diary. This will help us analyze patterns and adjust your treatment plan as necessary. Consistency is key, so please aim to fill out your diary daily.

If you have any questions or need further assistance, please do not hesitate to contact us.

Sincerely,

[Your Healthcare Provider's Name]

[Clinic/Practice Name]

[Contact Information]