Migraine Diary — Example Week

HOW A FILLED-IN WEEK LOOKS

The same columns as page 1 of the free migraine diary, filled in for one made-up week. The blue is the entry; the notes on the right explain why each one is written the way it is.

MONTH / YEAR
March

MY 5 OUT OF 10 MEANS
can work, but slower

MY 9 OUT OF 10 MEANS
dark room, can't talk

DAY	ATTACK Y/N/H	START	PEAK /10	HOURS	MEDICATION & TIME	SLEEP	NOTES
Mon 3	N					7½	Normal day
Tue 4	N					6	Late night — deadline
Wed 5	Y	07:30	7	9	Sumatriptan 50 mg · 08:15	5	Woke with it. Skipped lunch Tue.
Thu 6	Y	(cont.)	5	6	Ibuprofen 400 mg · 10:00	8	Same attack, 2nd day
Fri 7	N					7	Dull, washed out (postdrome)
Sat 8	H	15:00	3	2		8	Mild headache, not migraine
Sun 9	N					7½	

WHY IT'S WRITTEN LIKE THIS

THE GOOD DAYS
Monday, Tuesday and Sunday still get an N and a sleep figure. Without them there's no rate — just a list of bad days.

ANCHORED SCALE
The 5 and the 9 are defined at the top in the person's own words, so a 7 in March means the same as a 7 in June.

ONE ATTACK, TWO DAYS
Wednesday's attack ran into Thursday. That is one attack but *two migraine days* — the number clinicians and insurers count.

DOSE AND TIME
"Sumatriptan 50 mg · 08:15" — the time shows it was taken 45 minutes in, which is a question your doctor will ask.

NOT EVERY HEADACHE IS A MIGRAINE
Saturday is marked H: it counts as a headache day but not a migraine day.

WHAT THIS WEEK ADDS UP TO

MIGRAINE DAYS	ALL HEADACHE DAYS
2	3
ACUTE MEDICATION DAYS	**ATTACKS**
2	1

The notes are where patterns come from: a short night and a skipped lunch before Wednesday is one data point. Three months of them is a pattern worth testing.

An example, not a real person's record.

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