Food & Trigger Diary

ONE WEEK · WEEK OF _____

Write down what and **when** you ate and drank, every day — not just on migraine days. Timing usually matters more than the food: skipped meals, caffeine and alcohol are the common culprits.

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST & TIME							
LUNCH & TIME							
DINNER & TIME							
SNACKS							
SKIPPED OR LATE MEAL?							
CAFFEINE — CUPS & LAST ONE							
ALCOHOL							
WATER — GLASSES							
SLEEP — HOURS							
MIGRAINE? START TIME							
PEAK SEVERITY /10							
EATEN IN THE 12 H BEFORE							

BEFORE YOU BLAME A FOOD

A craving can be the start of the attack, not the cause: sweet or salty cravings often arrive hours before the pain. If chocolate keeps showing up before attacks, ask which came first.

One bad day after a food proves nothing. Look for it across several weeks, then test it properly — one change, held for six weeks (the free trigger test tracker does exactly that).

PATTERNS I'M NOTICING

A record, not a diagnosis. Don't cut out whole food groups without talking to your doctor or a dietitian.

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