Period & Migraine Tracker

THREE CYCLES · ONE PAGE

Shade the **Period** row on every bleeding day and mark the **Migraine** row on every migraine day. After three cycles, the check at the bottom shows whether your attacks cluster around your period — the pattern clinicians look for.

MONTH 1

MONTH / YEAR _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
PERIOD																															
MIGRAINE																															

MONTH 2

MONTH / YEAR _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
PERIOD																															
MIGRAINE																															

MONTH 3

MONTH / YEAR _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
PERIOD																															
MIGRAINE																															

THE WINDOW CLINICIANS USE

Day 1 is the first day of bleeding. The window runs from **two days before** to **day 3** — there is no day 0, so it is five days long.

–4	–3	**–2**	**–1**	**1**	**2**	**3**	4	5

Withdrawal bleeds on the combined pill or cyclical HRT count as a period here too.

AFTER THREE CYCLES

Migraine inside the window?	1: Y / N	2: Y / N	3: Y / N
Migraine at other times too?	1: Y / N	2: Y / N	3: Y / N

Attacks in the window in **at least two of three** cycles is the pattern worth taking to your doctor — whether or not you also get them at other times.

A record, not a diagnosis. Whether the pattern counts is your clinician's call.

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