

Trigger Test Tracker

ONE VARIABLE · SIX WEEKS

Change **one thing** and hold it for six weeks. Changing four at once tells you nothing about which mattered, and commits you to four restrictions forever.

THE ONE THING I'M CHANGING

START DATE

BASELINE — BEFORE YOU CHANGE ANYTHING

MIGRAINE DAYS IN THE PREVIOUS 4 WEEKS

AVERAGE SEVERITY /10

ACUTE MEDICATION DAYS

Without a baseline you have nothing to compare against, and you will misremember it.

SIX WEEKS

WEEK	MIGRAINE DAYS	AVG SEVERITY	STUCK TO IT?	ANYTHING ELSE THAT CHANGED — ILLNESS, TRAVEL, DEADLINES, SLEEP
1				
2				
3				
4				
5				
6				

RESULT

MIGRAINE DAYS: BASELINE → AFTER

VERDICT — KEEP IT, DROP IT, OR TEST AGAIN

BEFORE YOU CONCLUDE

Did anything else change in those six weeks? A quiet month at work, a holiday, or a season shift will move the numbers on their own.

And check the direction of causation: cravings, thirst, neck stiffness and light sensitivity often arrive *before* the pain as part of the attack, so removing them can't help.