Work Absence Log

One line every time a migraine costs you work — a full day off, leaving early, or a day you worked through it. Written on the day, this is the record that turns "I get a lot of migraines" into a number you can put in front of a manager, occupational health or your doctor.

DATE	OFF ALL DAY / HOURS LOST / WORKED THROUGH	TOLD WHO, HOW, WHAT TIME	DOCTOR'S NOTE NEEDED?	PEAK SEVERITY /10	NOTES — WHAT HELPED, WHAT DIDN'T

EVERY 90 DAYS — ADD IT UP

ATTACKS	WORK DAYS LOST	DAYS WORKED THROUGH	ADJUSTMENTS ASKED / AGREED

Keep it to yourself unless you choose to share it. In many countries an employer is not entitled to your diagnosis, only to know you are unwell. This log is your record — what you hand over, and to whom, is your call.

A personal record, not legal or medical advice. Absence rules differ by country and employer.

Rather use your phone? Scan for Migraine Journal.
Same record on iPhone, added up for you. Free to track.
migrainejournal.app · free to print and share