

30-Day Headache & Migraine Diary

Use short entries. A recorded no-headache day is useful context, not an empty row.

A practical record for care conversations

MONTH / YEAR

NAME OR INITIALS

MAIN QUESTION TO TRACK

CLINICIAN / APPOINTMENT

Day	Headache?	Severity	Start / end	Symptoms	Medication / relief	Possible context	Notes	Unknown / follow-up
1	Y / N / ?							
2	Y / N / ?							
3	Y / N / ?							
4	Y / N / ?							
5	Y / N / ?							
6	Y / N / ?							
7	Y / N / ?							
8	Y / N / ?							
9	Y / N / ?							
10	Y / N / ?							
11	Y / N / ?							
12	Y / N / ?							
13	Y / N / ?							
14	Y / N / ?							
15	Y / N / ?							
16	Y / N / ?							
17	Y / N / ?							
18	Y / N / ?							
19	Y / N / ?							
20	Y / N / ?							
21	Y / N / ?							
22	Y / N / ?							
23	Y / N / ?							
24	Y / N / ?							
25	Y / N / ?							
26	Y / N / ?							
27	Y / N / ?							
28	Y / N / ?							
29	Y / N / ?							
30	Y / N / ?							

Month in review

What repeated? What was different on headache-free days? What is worth raising with a clinician?