FREE PRINTABLE

# Migraine Symptom & Trigger Tracker

Two weeks at a glance — one row per day, so the repeats jump out at you.

- Each day, fill in one row — even on days without a migraine. The blank rows are part of the pattern.
- Rate intensity 1-5 (mild to severe) and stress 1-5 on the day itself, not from memory.
- After two weeks, look down each column: the same meals or drinks appearing before migraine rows are your leads.

Name (optional): _____ Week of: _____

# Migraine Symptom & Trigger Tracker

Week 1 — days 1-7

| Date | Migraine? | Started | Intensity 1-5 | Sleep (hrs) | Stress 1-5 | Meals, snacks & drinks | Notes |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

# Migraine Symptom & Trigger Tracker

Week 2 — days 8-14

| Date | Migraine? | Started | Intensity 1-5 | Sleep (hrs) | Stress 1-5 | Meals, snacks & drinks | Notes |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |