

Annual Migraine Diary

the City of London Migraine Clinic	YEAR:	NAME:	DOB:
		Symptomatic drugs: Daily prophylactic drugs: Hormones: Other regular medication:	

	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	
January																																
February																																
March																																
April																																
May																																
June																																
July																																
August																																
September																																
October																																
November																																
December																																

X = migraine / = headache For women: O = period o = spotting

How to complete the annual migraine diary

1. We recommend that you print this diary out on card and then cut to size for convenience and durability.
2. Complete the heading details including the year that diary was commenced.
3. Record migraines or headaches against the relevant date with the following symbols:
 X = migraine
 / = headache
4. For women, as appropriate, this diary can be used as a menstrual migraine diary. Record period days or spotting against the relevant date with the following symbols:
 O = period
 o = spotting
 Please note that a migraine or headache symbol should be used over the period or spotting symbol when this happens on the same day.
5. In consultation with your doctor you may wish to develop your own code to document additional specific triggers or treatments eg use of preventative treatment at period time. However, these diaries work best when they are used in a simple format.

the City of London Migraine Clinic

22 Charterhouse Square · London EC1M 6DX · Tel: 020 7251 3322 · Fax: 020 7490 2183

Website: www.migraineclinic.org.uk

Registered Charity no. 1115935 · Company Limited by Guarantee (England and Wales) no. 5846538 · Registered Office as above

