

Assessment: Changes to Improve Headache Management

Medication	
Sleep	
Stress	
Biofeedback	
Worries	
Events	
Other Comments	

Diary Instructions:

You and your physician need to work together to fine-tune the treatment of your migraines. The diary is a way to record important elements of relief of headache.

For each attack, please fill out the information on the diary. Bring the diary to your next appointment. Present your problem areas to your physician who will suggest solutions. Many times, a variety of approaches is required to effectively treat or prevent migraines.