

Migraine Trigger Diary: Track Meals, Activities, and Symptoms

Instructions

Use this diary daily to track potential triggers, symptoms, and relief measures. Over time, patterns may emerge that can help you identify and manage your child's migraine triggers.

Daily Log Template

| **Date:** _____ |
| **Day of the Week:** _____ |

Morning

- **Wake-up time:** _____
 - **Meals:**
 - Breakfast: _____
 - Snacks: _____
 - **Activities:** (e.g., screen time, physical activity)
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- **Mood/Behavior:** (e.g., irritable, energetic)
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- **Symptoms:**
 - Headache onset? Yes No
 - Nausea? Yes No
 - Sensitivity to light/sound? Yes No

- **Relief measures taken:**

Afternoon

- **Meals:**
 - Lunch: _____
 - Snacks: _____
- **Activities:** (e.g., homework, social interactions)

- **Mood/Behavior:**

- **Symptoms:**
 - Headache intensity: Mild Moderate Severe
 - Any other symptoms? _____
- **Relief measures taken:**

Evening

- **Meals:**
 - Dinner: _____
 - Snacks: _____
- **Activities:** (e.g., TV, family time)

- **Mood/Behavior:**

- **Symptoms:**

- Did symptoms worsen? Yes No
- Duration of symptoms: _____

- **Relief measures taken:**

Bedtime

- **Time:** _____
- **Sleep Quality:** (circle one)
Good | Okay | Poor
- **Symptoms before bed:**

Overall Notes for the Day

1. **Possible triggers:** _____
2. **Remedies that worked:** _____
3. **Other observations:** _____

Weekly Review Section

At the end of each week, summarize patterns:

1. **Common triggers:** _____
2. **Effective remedies:** _____

3. **Changes to try:** _____

Keep this diary for at least two weeks and share it with your child's healthcare provider to tailor a migraine management plan.