

## Headache Diary

*Keeping a headache diary will help you identify your personal migraine triggers and provide your doctor with the information she or he needs to find the most effective treatment for you.*

<b>Date/time of attack</b> ----- <b>Total duration</b>	<b>Triggers</b> <small>(food, sleep, weather)</small>	<b>Treatment</b>	<b>Attack description</b>
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*For additional information, contact the Migraine Mentors Program at 800.823.0194, [www.migrainementors.com](http://www.migrainementors.com), or the National Headache Foundation at 888.NHF.5552, [www.headaches.org](http://www.headaches.org)*