



# Migraine Tracking Journal: Take Back Control of Your Life!

*Lana Doone*

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## **Migraine Tracking Journal: Take Back Control of Your Life!** Lana Doone

Migraines make life miserable. If you suffer from them, you know this already. However, it helps if you track your migraines because many can be avoided, once you know the triggers. This Journal will allow you to manage your migraines and identify what causes them. It includes areas for you to note: Date Alcohol consumption Weather Location Medications Caffeine (how much or how little) Food Additives consumed Odors Stressors All other possible triggers A page for planning what to try for future migraines

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