Brain Ritual®

MIGRAINE · ENERGY · TOLERABILITY

90 Day Progress Diary

A simple daily record to help you and your healthcare professional understand changes over three months of consistent use — and to celebrate every win along the way, big or small.

NAME	
START DATE	
END DATE	
HEALTHCARE PROFESSIONAL	

Getting Started

Scan for how to take Brain Ritual, the 30-day ramp-up, and what to expect over 90 days.

GETTING STARTED

How to use this diary

Complete the daily check-in at roughly the same time each evening. It should take about one to two minutes on most days. Consistency matters more than perfect detail.

01 Record Brain Ritual use

Mark the total number of stick packs taken that day, including half packs, and whether you took them in the morning or evening.

02 Record head symptoms

Mark headache or migraine, the highest severity, approximate hours, aura or associated symptoms, acute medicine use and effect on normal activities.

03 Rate energy, sleep and GI symptoms

Use 0 to 10 for energy and sleep, where 0 is the lowest and 10 is the highest. For GI symptoms, mark the highest severity and add the symptom in the note line.

04 Review each week and month

Count days from your entries. The reviews make gradual changes easier to see and give your clinician a concise overview.

Use the same definition of a migraine day throughout the diary. If your clinician has given you a definition, follow that.

On a bad day, and on days you miss

A bad day still counts. If you are in the middle of an attack, tick the date and the Head row and stop there. A partial entry is useful — and the days you feel worst are the ones most worth having on the page. Fill in the rest later, or leave it.

Missed days do not spoil the record. Gaps are expected over three months, and a diary with blanks in it is still worth bringing to your appointment. Pick it back up on the next day you can — there is no need to reconstruct what you missed.

IMPORTANT

Do not use the diary to delay medical care. Seek prompt medical advice for a new or unusually severe headache, new neurological symptoms, persistent vomiting or dehydration, or other concerning symptoms.

BASELINE

Your starting point

Think about the 28 days before starting. Estimates are acceptable. This baseline will make the Month 3 comparison much more useful.

PREVIOUS 28 DAYS

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	AURA DAYS
ACUTE MEDICINE DAYS	FUNCTION REDUCED DAYS	DAYS MISSED	TYPICAL HOURS
TYPICAL AM ENERGY /10	TYPICAL PM ENERGY /10	TYPICAL SLEEP /10	GI SYMPTOM DAYS

CURRENT PREVENTIVE TREATMENT

YOUR BRAIN RITUAL PLAN

PLANNED STICK PACKS PER DAY	PLANNED TIMES	YOUR RAMP-UP PLAN

INSTRUCTIONS FROM HEALTHCARE PROFESSIONAL

DATE OF NEXT REVIEW

What would meaningful progress look like for you?

OTHER SYMPTOMS OR OUTCOMES I WANT TO NOTICE

DAYS 1–7 · DAILY CHECK IN

Week 1 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 1–7 · DAILY CHECK IN AND REVIEW

Week 1 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 1 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 8–14 · DAILY CHECK IN

Week 2 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 8–14 · DAILY CHECK IN AND REVIEW

Week 2 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 2 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 15–21 · DAILY CHECK IN

Week 3 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 15–21 · DAILY CHECK IN AND REVIEW

Week 3 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 3 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 22–28 · DAILY CHECK IN

Week 4 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 22–28 · DAILY CHECK IN AND REVIEW

Week 4 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 4 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

PROGRESS REVIEW

Month 1 review

Copy each number across from your Week 1–4 reviews — nothing here needs counting again — then add each row for your month total. Look for the pattern, not individual days.

MEASURE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MONTH TOTAL
Days recorded					
Migraine days					
Headache days					
Moderate or severe days					
Acute medicine days					
Aura days					
Days function reduced					
Days missed					
GI symptom days					
Days energy 7 or higher					
Stick packs taken					
Stick packs planned					
Average sleep /10 (average)					

An incomplete week is still worth totalling. Partial months show a pattern too.

HOW THE MONTH FELT OVERALL

TYPICAL AM ENERGY /10	TYPICAL PM ENERGY /10

MOST COMMON GI SYMPTOM ☐ Nausea ☐ Bloating ☐ Pain ☐ Loose ☐ Constip. ☐ Reflux

OVERALL GI SYMPTOMS ☐ None ☐ Mild ☐ Moderate ☐ Severe ☐ Improving ☐ Worsening

Your overall change

☐ Much worse ☐ Worse ☐ No change ☐ A little better ☐ Much better

MOST MEANINGFUL IMPROVEMENT

MOST IMPORTANT DIFFICULTY OR SIDE EFFECT

CHANGES TO MEDICINES, SUPPLEMENTS, DIET OR ROUTINE

QUESTION TO DISCUSS WITH MY CLINICIAN

Still finding your rhythm?
Getting Started covers ramp-up, settling your stomach, and why changes can take time.

DAYS 29–35 · DAILY CHECK IN

Week 5 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 29–35 · DAILY CHECK IN AND REVIEW

Week 5 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 5 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 36–42 · DAILY CHECK IN

Week 6 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 36–42 · DAILY CHECK IN AND REVIEW

Week 6 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 6 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 43–49 · DAILY CHECK IN

Week 7 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 43–49 · DAILY CHECK IN AND REVIEW

Week 7 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 7 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 50–56 · DAILY CHECK IN

Week 8 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 50–56 · DAILY CHECK IN AND REVIEW

Week 8 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 8 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

PROGRESS REVIEW

Month 2 review

Copy each number across from your Week 5–8 reviews — nothing here needs counting again — then add each row for your month total. Look for the pattern, not individual days.

MEASURE	WEEK 5	WEEK 6	WEEK 7	WEEK 8	MONTH TOTAL
Days recorded					
Migraine days					
Headache days					
Moderate or severe days					
Acute medicine days					
Aura days					
Days function reduced					
Days missed					
GI symptom days					
Days energy 7 or higher					
Stick packs taken					
Stick packs planned					
Average sleep /10 (average)					

An incomplete week is still worth totalling. Partial months show a pattern too.

HOW THE MONTH FELT OVERALL

TYPICAL AM ENERGY /10	TYPICAL PM ENERGY /10

MOST COMMON GI SYMPTOM ☐ Nausea ☐ Bloating ☐ Pain ☐ Loose ☐ Constip. ☐ Reflux

OVERALL GI SYMPTOMS ☐ None ☐ Mild ☐ Moderate ☐ Severe ☐ Improving ☐ Worsening

Your overall change

☐ Much worse ☐ Worse ☐ No change ☐ A little better ☐ Much better

MOST MEANINGFUL IMPROVEMENT

MOST IMPORTANT DIFFICULTY OR SIDE EFFECT

CHANGES TO MEDICINES, SUPPLEMENTS, DIET OR ROUTINE

QUESTION TO DISCUSS WITH MY CLINICIAN

Still finding your rhythm?
Getting Started covers ramp-up, settling your stomach, and why changes can take time.

DAYS 57–63 · DAILY CHECK IN

Week 9 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 57–63 · DAILY CHECK IN AND REVIEW

Week 9 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 9 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 64–70 · DAILY CHECK IN

Week 10 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 64–70 · DAILY CHECK IN AND REVIEW

Week 10 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 10 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 71–77 · DAILY CHECK IN

Week 11 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 71–77 · DAILY CHECK IN AND REVIEW

Week 11 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 11 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 78–84 · DAILY CHECK IN

Week 12 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 78–84 · DAILY CHECK IN AND REVIEW

Week 12 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 12 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

DAYS 85–91 · DAILY CHECK IN

Week 13 daily check in

Day 1

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 2

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 3

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 4

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

GI note examples: nausea, bloating, abdominal pain, reflux, loose stool, constipation.

Mid-attack? Tick the date and the Head row, and stop there. A partial entry still counts.

DAYS 85–91 · DAILY CHECK IN AND REVIEW

Week 13 daily check in

Day 5

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 6

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Day 7

DATE

STICK PACKS ☐ 0 ☐ ½ ☐ 1 ☐ 1½ ☐ 2 ☐ 2+ TAKEN ☐ AM ☐ PM

HEAD ☐ None ☐ Headache ☐ Migraine SEVERITY ☐ Mild ☐ Mod ☐ Severe

FEATURES ☐ Aura ☐ Nausea ☐ Light/sound ☐ Acute med. HOURS

ENERGY AM PM FUNCTION ☐ OK ☐ Reduced ☐ Missed SLEEP

GI ☐ None ☐ Mild ☐ Mod ☐ Severe NOTE

Week 13 review

Count from your daily entries. Estimates are fine, and blank days are normal — count what you have.

MIGRAINE DAYS	HEADACHE DAYS	MODERATE OR SEVERE DAYS	ACUTE MEDICINE DAYS
AURA DAYS	DAYS FUNCTION REDUCED	DAYS MISSED	GI SYMPTOM DAYS
DAYS ENERGY 7 OR HIGHER	STICK PACKS TAKEN	STICK PACKS PLANNED	AVERAGE SLEEP /10

COMPARED WITH LAST WEEK ☐ Worse ☐ Same ☐ A little better ☐ Much better

WHAT SEEMED TO HELP OR TRIGGER SYMPTOMS

ANY CHANGE IN MEDICINES, ROUTINE, CYCLE, ILLNESS OR STRESS

PROGRESS REVIEW

Month 3 review

Copy each number across from your Week 9–13 reviews — nothing here needs counting again — then add each row for your month total. Look for the pattern, not individual days.

MEASURE	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13	MONTH TOTAL
Days recorded						
Migraine days						
Headache days						
Moderate or severe days						
Acute medicine days						
Aura days						
Days function reduced						
Days missed						
GI symptom days						
Days energy 7 or higher						
Stick packs taken						
Stick packs planned						
Average sleep /10 (average)						

An incomplete week is still worth totalling. Partial months show a pattern too.

HOW THE MONTH FELT OVERALL

TYPICAL AM ENERGY /10	TYPICAL PM ENERGY /10

MOST COMMON GI SYMPTOM ☐ Nausea ☐ Bloating ☐ Pain ☐ Loose ☐ Constip. ☐ Reflux

OVERALL GI SYMPTOMS ☐ None ☐ Mild ☐ Moderate ☐ Severe ☐ Improving ☐ Worsening

Your overall change

☐ Much worse ☐ Worse ☐ No change ☐ A little better ☐ Much better

MOST MEANINGFUL IMPROVEMENT

MOST IMPORTANT DIFFICULTY OR SIDE EFFECT

CHANGES TO MEDICINES, SUPPLEMENTS, DIET OR ROUTINE

QUESTION TO DISCUSS WITH MY CLINICIAN

Still finding your rhythm?
Getting Started covers ramp-up, settling your stomach, and why changes can take time.

FINAL REVIEW

Your 90 day comparison

Compare your starting point with Month 3. Bring this page and the monthly reviews to your healthcare professional.

MEASURE	BASELINE	MONTH 3	CHANGE
Migraine days per 28 days			
Headache days per 28 days			
Moderate or severe days			
Acute medicine days			
Days function was reduced			
Days completely missed			
Typical morning energy 0 to 10			
Typical afternoon energy 0 to 10			
GI symptom days			
Typical sleep quality 0 to 10			

Overall result

☐ Much worse ☐ Worse ☐ No change ☐ A little better ☐ Much better

THE CHANGE THAT MATTERED MOST TO ME

WHAT I NOTICED ABOUT CONSISTENCY OR DOSE

WHAT I WANT TO DISCUSS WITH MY HEALTHCARE PROFESSIONAL

Brain Ritual® is a medical food intended for the dietary management of migraine under medical supervision. It is not intended to diagnose, treat, cure, or prevent any disease.