

Migraine Headache Tracker

Date	Started & Ended	Triggers	Symptoms	Treatment
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Probable Migraine Headache Triggers

Alcohol Chocolate Aged cheese Citrus fruits Cured meats MSG Sweeteners Skipped meals Other foods (specify) Excess caffeine	Odors (specify) Fatigue Stress Missed medication Eyestrain/visual triggers Allergies/sinus Weather changes Physical exercise Sexual activity Other (specify)
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