Menstrual migraine diary: record cycle timing

Blank sheet · fill in by hand · A4, also fits US Letter · dim.arvetechapps.com · organizational worksheet, not a diagnostic test

Date	Cycle day / note	Bleeding observation	Headache ? (yes/no)	Peak pain (0–10)	Headache timing	Acute medicine? (yes/no)	Medicine type	Medication / questions

Medicine type: Triptan · Combination analgesic · Opioid · Ergot · Simple analgesic / NSAID · Gepant / ditan / other · None

Month at a glance — tick each day

Month: _____

Day	Headache	Any acute	Triptan etc.	Simple analgesic
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
Total				

Headache days	15+ for >3 months: chronic range
Days with any acute medicine	10+ if several classes
Days with triptans, combination analgesics, opioids or ergots	10+
Days with simple analgesics or NSAIDs	15+

Reference levels from ICHD-3 (1.3 chronic migraine; 8.2 medication-overuse headache) apply to regular use for more than 3 months. A monthly count is a prompt for a conversation, not a diagnosis. Several doses on one date count as one day.