Migraine medication log: record doses and response

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

Date	Time	Medicine type	Medicine / amount taken	Pain when taken (0–10)	Observed response / time	Questions / unwanted effects

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

Month at a glance — tick each day

Month: _____

Day	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			

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.