

Menstrual Migraine Pattern Record

Compare period days and headache days across three cycles

THREE-CYCLE OVERVIEW

Cycle 1 - mark P for period, H for headache, or both

Cycle start date: _____

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
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Notes: _____

Cycle 2 - mark P for period, H for headache, or both

Cycle start date: _____

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
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Notes: _____

Cycle 3 - mark P for period, H for headache, or both

Cycle start date: _____

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
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Notes: _____

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PATTERN NOTES

Symptoms or pattern changes I noticed

Medication notes in my own words

Other schedule, sleep, illness, or life changes

Questions I want to discuss
