

Migraine Attack Timeline

Record one episode in sequence, using your own words

BEFORE THE MAIN EPISODE

Date and approximate start time

Early changes I noticed

Visual, sensory, speech, or other changes - include duration

What happened next

Migraine Attack Timeline

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MAIN EPISODE AND RECOVERY

Pain or main episode: timing and description

Other symptoms during the episode

What I could and could not do

What I noticed afterward and for how long

Questions this episode raised
