Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

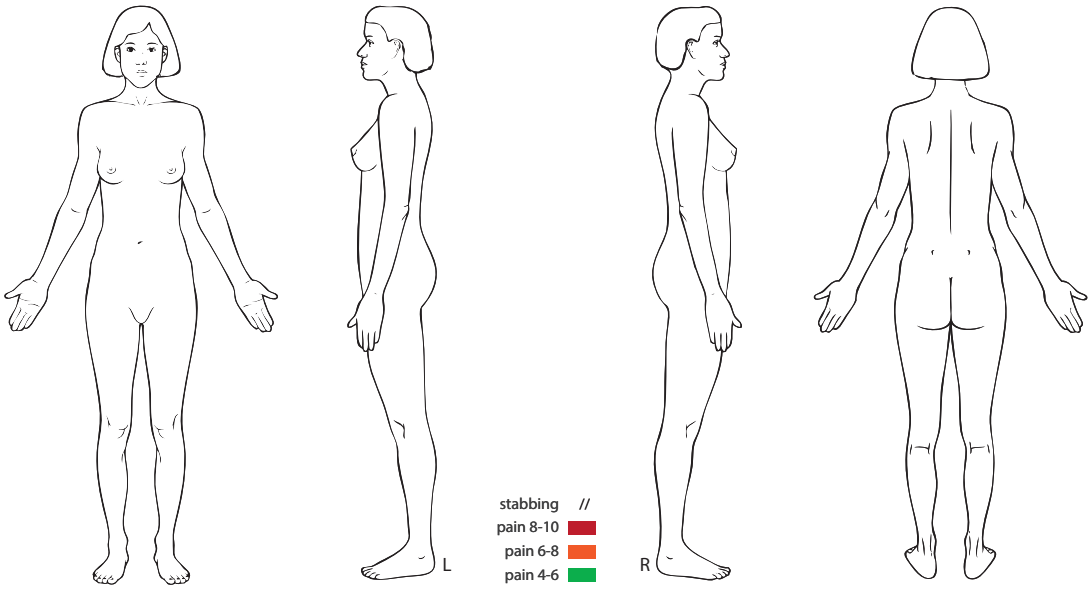
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

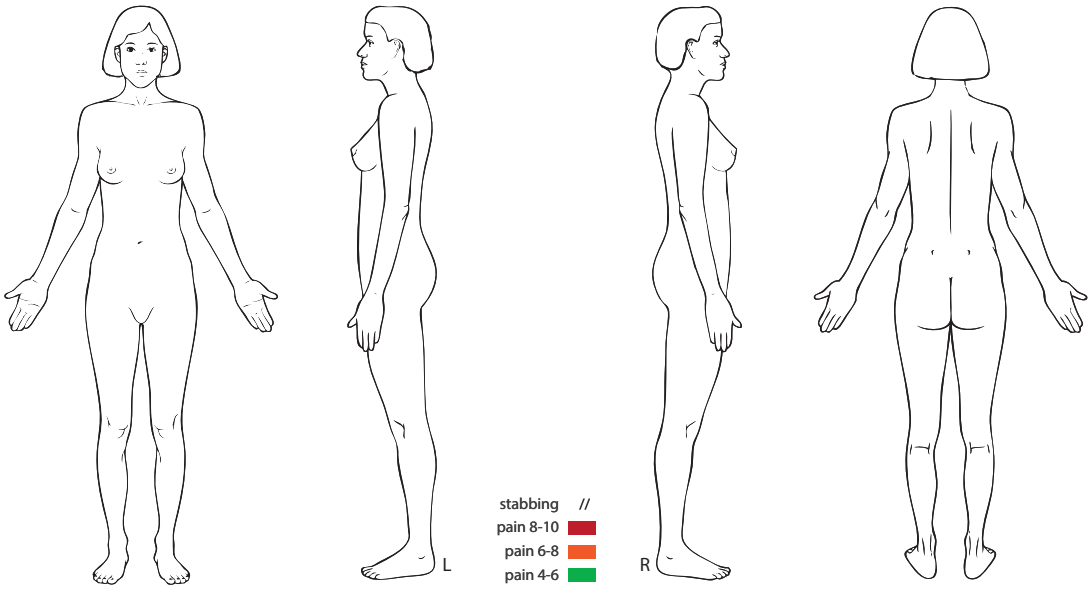
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

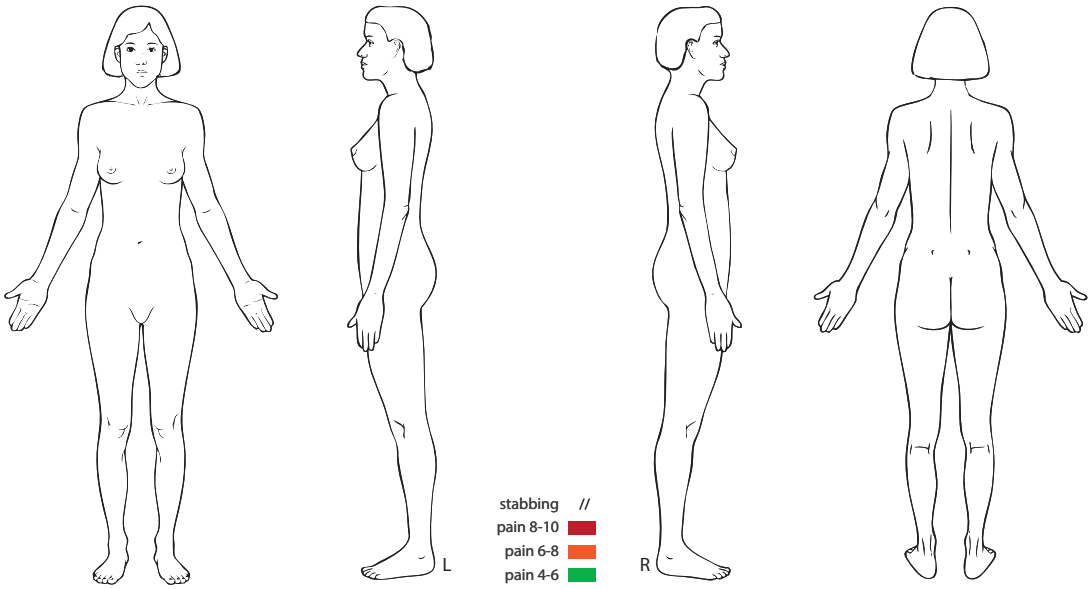
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

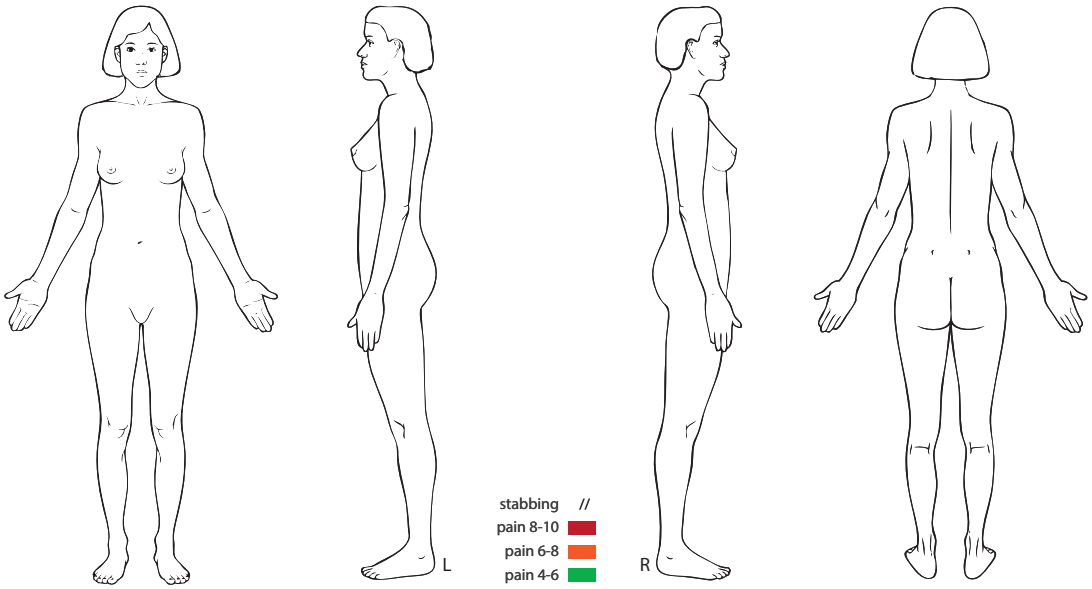
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

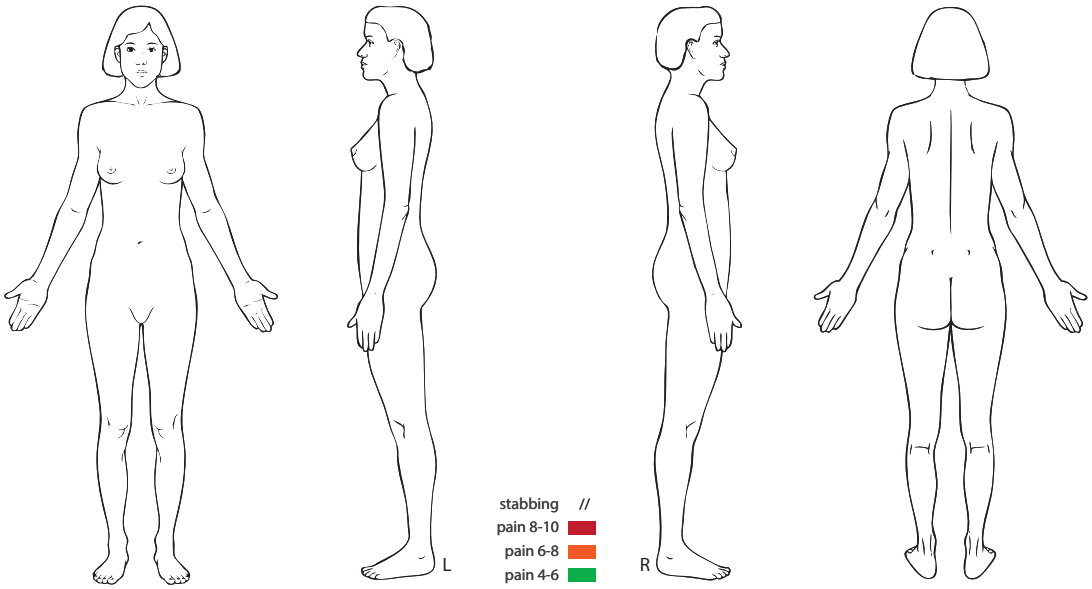
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

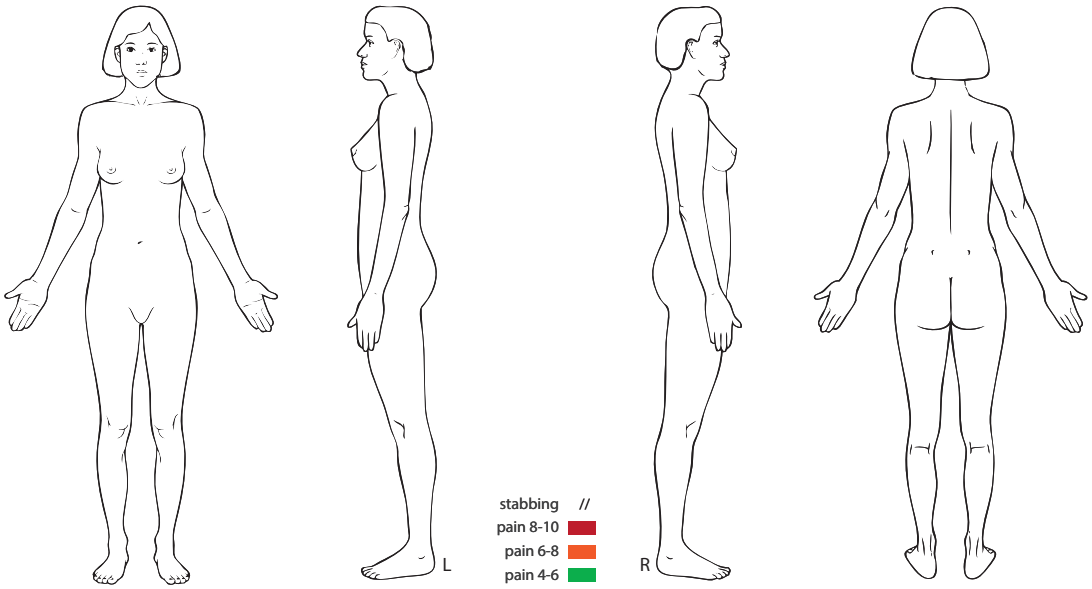
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Daily Journal:

S M T W Th F S date: ____ /____ /____

#1 Goal for Today: _____

sleep:

start: _____ end: _____ breaks: _____

quality: good 0 1 2 3 4 5 6 7 8 9 10 bad

dreams: good 0 1 2 3 4 5 6 7 8 9 10 bad

naps: _____

weather:

_____

effect: good 0 1 2 3 4 5 6 7 8 9 10 bad

this morning I am grateful for:

_____

_____

_____

what will make today a win?

_____

_____

_____

	schedule	meals	activity	meds
0600				
0700				
0800				
0900				
1000				
1100				
1200				
1300				
1400				
1500				
1600				
1700				
1800				
1900				
2000				
2100				
2200				
2300				

liquids

Summary:

- ☐ wake up: goal:_____ actual: _____
- ☐ get dressed
- ☐ personal hygeine
- ☐ get ouside/water plants
- ☐ homework
- ☐ shower
- ☐ all meds taken
- ☐ journal
- ☐ bedtime: goal:_____ actual: _____

mood: good 0 1 2 3 4 5 6 7 8 9 10 bad

stress level: good 0 1 2 3 4 5 6 7 8 9 10 bad

fatigue: good 0 1 2 3 4 5 6 7 8 9 10 bad

interaction: good 0 1 2 3 4 5 6 7 8 9 10 bad

interest level: good 0 1 2 3 4 5 6 7 8 9 10 bad

anger: good 0 1 2 3 4 5 6 7 8 9 10 bad

reactions: good 0 1 2 3 4 5 6 7 8 9 10 bad

concentration: good 0 1 2 3 4 5 6 7 8 9 10 bad

activity: good 0 1 2 3 4 5 6 7 8 9 10 bad

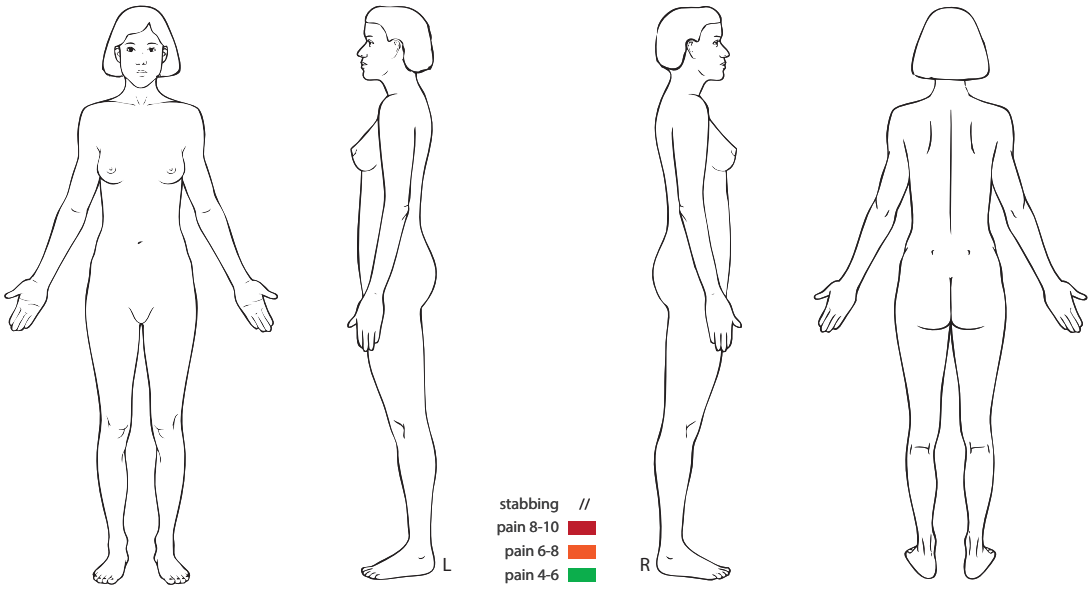
quality of life: good 0 1 2 3 4 5 6 7 8 9 10 bad

Pain Summary:

over-all pain level

0
1
2
3
4
5
6
7
8
9
10

daily pain map



stabbing //
pain 8-10
pain 6-8
pain 4-6
pain 2-4
numbness/tingling
burning/itchy
cramps/spasms

migraine/pain levels

Time	Lvl	Meds
0000		
0100		
0200		
0300		
0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		

t-tylenol • e-excedrin • s-sumatriptan • m-metaclopramide

Reflections:

lessons learned?

WINS!

things to work on tomorrow

tonight I am grateful for:

things I want to do (or say):

notes

Weekly Overview

week number: dates:

habit/activity	goal	mon	tues	wed	thu	fri	sat	sun	total

on a scale of 1-10 how happy were you this week and why?

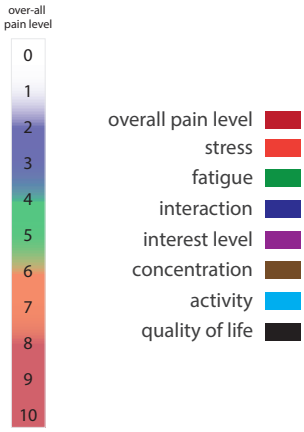
what were your 3 big wins for the week?

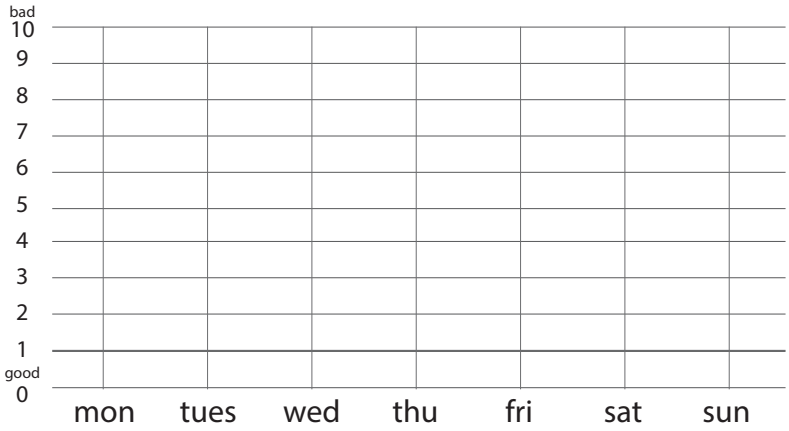
assess your progress on your goal: (Can you improve?)

what was the biggest lesson you learned this week?

what changes should you make next week?

Summary:





migraines:

date/time	severity	symptoms	meds used	time	outcome	trigger

This page is for weekly reflections.