



ALBERTA  
NEUROLOGIC CENTRE

# Monthly Migraine Tracker


	GREEN	YELLOW	RED
Intensity	Mild	Moderate	Severe
Acute Treatment	Maybe not needed	Usually works	May fail
Impact on Function	Can function	Activities slowed	Activities impossible

**Directions: Use this as a monthly calendar to track the daily intensity, frequency and severity of your migraines. Mark each day with the color that is associated with your migraine.**