

Migraine and weather diary

One row per day. Write down the air pressure each morning, the rest each evening, even on days without a headache.

Name _____ **Month** _____

Pressure unit (hPa, inHg or kPa) _____ **Where I read it** _____

Use the same source every day, for example your city's page on loomamigraine.com. Since yesterday: ↑ rose, ↓ fell, → about the same, or write the change.

Pain scale **1–2** Mild **3–4** Moderate **5–6** Significant **7–8** Severe **9–10** Extreme

Day	Pressure, morning	Since yesterday ↑ ↓ →	Weather (storm, wind, heat…)	Headache? Y/N	Pain 0–10	Possible triggers	Medicine, dose and time
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							

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Looma gives wellness information, not medical advice. Talk to a doctor about your migraines.



Migraine and weather diary, continued

Days 17 to 31. Then count up the month in the box below.

Day	Pressure, morning	Since yesterday ↑ ↓ →	Weather (storm, wind, heat…)	Headache? Y/N	Pain 0–10	Possible triggers	Medicine, dose and time
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

Headache days _____

Days the pressure fell more than 3 hPa (0.09 inHg, 0.3 kPa) since yesterday _____

Headache days on the day of such a fall or the day after _____

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