

# 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 | | | | | | | |
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| 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 | | | | | | | |
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| 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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