



Template Guide:

- **Severity (1-10):** Rate the intensity of your migraine from 1 to 10, with 1 being mild and 10 being severe.
- **Duration (hours):** Record how long your migraine lasts.
- **Triggers (if known):** Note any triggers you suspect might have caused your migraine.
- **Medication Taken:** Write down any medication you took to alleviate the migraine.
- **Notes:** Use this space to jot down any additional observations or details about your migraine episode.

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