

Vestibular Migraine Management Exercise Log

Personal Information

•	Name:
•	Start Date:
•	Healthcare Professional:

Weekly Exercise Log

Date	Exercise Type	Duration	Intensity (Low/Medium/High)	Notes/Body Response

Migraine Episodes Log

Date	Time	Duration	Severity (1-10)	Triggers/Comments



Adjustments and Observations

Date	Observation/ Adjustment Made	Duration

Healthcare Professional Consultation Log

Date	Professional Consulted	Notes/Recommendations

Tips for Using This Log

- Consistency: Record your exercise and migraine details daily for accurate tracking.
- Detail: Be as detailed as possible in your notes to identify patterns and triggers.
- Flexibility: Adjust your exercise plan as needed based on your observations and professional advice.
- Consultation: Regularly review your log with your healthcare professional for tailored guidance.



Additional Notes

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