





### 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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