

Migraine Calendar

Covers 51 days · May 20 – Jul 9, 2026

Generated July 9, 2026

MIGRAINE	HEADACHE	IMPACTED	CLEAR
18 / 51 4 without head pain (M*)	5 / 51	18 / 51 migraine or headache limited activity	19 / 51

APRIL

PERIOD																															
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
TYPE											—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
IMPACT																															
MEDS																															

MAY

M 3 · M* 1 · S 1 · H 1

PERIOD																								P							
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
TYPE	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—		H	—		M		M	S		M	M*	
IMPACT																					...			...		...	...		...	..	
MEDS																								K		X			U		

JUNE

M 8 · M* 2 · S 3 · H 3

PERIOD			P	EMG								NER														NER				P	
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
TYPE	H	—		M		M	S		M	M*		H	—		M		M	S		M	M*		H	—		M		M	S		
IMPACT	••			•••		•••	••		••	••		••			•••		•••	••		••	••		••			•••		•••	••		
MEDS				K		X			U						K		X			U						K		X			

JULY

$$M \quad 3 \cdot M^* \quad 1 \cdot H \quad 1$$
[illegible]

DAY TYPE

- M Migraine day
- M^{*} Migraine without head pain
- S Symptom day (no impact)
- H Headache day
- Missed logging

ACTIVITY IMPACT

- no functional impact
- limited function
- severely impacted

PAIN SEVERITY

 Mild Moderate Severe

ACUTE MEDICATIONS

- X** Maxalt · 5 days
- K** ketorolac · 5 days
- U** Ubrelvy · 4 days

EMPTY COLUMN clear day — no migraine symptoms or headache.



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