Migraine Log

	Food eaten	Water	Last night	Movement	Stress	Hormonal	Humidity	Migraine	Severity	Brought Relief
			sleep							cold compress,
0	eggs & toast	40 oz	6.5 hours	walk dogs	High	NA	rain	yes	mild	hot bath,
	turkey wrap			stretches						adjustment,
	baked chicken			massage						lavendar oil
	chocolate cake									
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Day	Food eaten	Water		Movement	Stress	Hormonal	Humidity	Migraine	Severity	Brought Relief
			sleep							
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