

# MIGRAINE SAVVY PRODROME SYMPTOM TRACKER

By

Holly Hazen

[www.MigraineSavvy.com](http://www.MigraineSavvy.com)

TAKE STEPS TO STOP YOUR MIGRAINES

## The First Phase of a Migraine Attack – Prodrome

Pre-migraine symptoms are known as “Prodrome”. This is the first phase of a migraine attack. Your symptoms can start from two hours to two days before a migraine episode. These early symptoms used to confuse and annoy me but now I realize that they provide early warning signals that tell me a migraine is on its way. I can then take the appropriate actions to ease or block the migraine.

If you are unclear about what symptoms hit when, this tracker will help you make sense of it all so you can learn to take the steps to help stop your migraines before they start.

Read over your prodrome symptom tracker and when your next migraine strikes - record the symptoms you have experienced over the preceding 48 hours. Or if you are aware of your symptoms at the time, record them before you get to the pain phase.

## Rank Each Symptom Using a Scale of 1 – 10

The scale used in the book “*Mayo Clinic Chronic Pain*” is:

0-1 No pain	6-7 Distressing - severe pain
2-3 Mild pain	8-9 Intense - very severe pain
4-5 Discomforting - moderate pain	10 Unbearable pain

If you’d like to use a more detailed ranking scale, tipna.org uses this Comparative Pain Scale which I rather like. If your symptoms are like mine and always hit hard – you can change the ranking system above 7 to have more specific details that fit your migraine.



## A More Detailed Symptom Ranking Scale

This will help you get started:

<p><b>Minor:</b></p> <p>Does not interfere with activities</p>	<ol style="list-style-type: none"><li>1. Very Mild – barely noticeable.</li><li>2. Discomfort – not really noticeable, you get used of it “adapt” to it.</li><li>3. Tolerable – just noticeable.</li></ol>
<p><b>Moderate:</b></p> <p>Interferes with activities, unable to adapt</p>	<ol style="list-style-type: none"><li>4. Distressing – noticing the underlying pain is constant.</li><li>5. Very Distressing – preoccupied with managing it.</li><li>6. Intense – strong, deep, piercing pain. Partially dominating senses.</li></ol>
<p><b>Severe:</b></p> <p>Average Migraine (7)</p> <p>Bad Migraine (8)</p> <p>Disabling Migraine (9-10)</p>	<ol style="list-style-type: none"><li>7. Very Intense – pain dominates your senses – not able to think clearly half the time.</li><li>8. Horrible – not able to think clearly at all, personality change.</li><li>9. Unbearable – pain killers needed.</li><li>10. Unspeakable – loss of consciousness.</li></ol>



Record the number of hours it takes before the pain phase sets in from your first prodrome symptom.

Keeping track of this will help you learn the best time to take pain medications or other precautions to stop your migraine from starting. Remember that symptoms can start two days before the attack and that they may vary greatly between each migraine.

Either way, it will be extremely beneficial to learn your **early warning signals** to help you prepare for the approaching and future attacks.

I have prepared a whole calendar month and left a blank form at the end for you to list your unique symptoms. I wish you the greatest success learning the steps needed to becoming **migraine savvy!**

*Be well and be pain free,*

*Holly*



Month: \_\_\_\_\_

<b>Symptom</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b># Hours to pain phase</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						



decreased concentration – difficulty reading and difficulty speaking						
hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						



Month: \_\_\_\_\_

<b>Symptom</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b># Hours to pain phase</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						
decreased concentration – difficulty reading and difficulty speaking						



hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						





Month: \_\_\_\_\_

<b>Symptom</b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						
decreased concentration – difficulty reading and difficulty speaking						



hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						



Month: \_\_\_\_\_

<b>Symptom</b>	<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						
decreased concentration – difficulty reading and difficulty speaking						



hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						



Month: \_\_\_\_\_

<b>Symptom</b>	<b>21<sup>th</sup></b>	<b>22<sup>th</sup></b>	<b>23<sup>th</sup></b>	<b>24<sup>th</sup></b>	<b>25<sup>th</sup></b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						
decreased concentration – difficulty reading and difficulty speaking						



hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						



Month: \_\_\_\_\_

<b>Symptom</b>	<b>26<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						
decreased concentration – difficulty reading and difficulty speaking						



hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						





Month: \_\_\_\_\_

<b>Symptom</b>	<b>31<sup>th</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						
food cravings or immense hunger						
constipation or diarrhea						
mood swings: depression, irritability, anger, anxiety						
neck pain or stiffness						
fatigue (exhaustion)						
under sleep – or over sleep						
increased urination						
increased thirst						



decreased concentration – difficulty reading and difficulty speaking						
hyperactive						
hypoactive						
excessive yawning						
eye pain or pressure						
sinus congestion						



Month: \_\_\_\_\_

<b>My Symptoms</b>	<b>___ th</b>	<b>___ th</b>	<b>___ th</b>	<b>___ th</b>	<b>___ th</b>	<b># Hours to pain</b>
sensitivity to light						
sensitivity to sound						
nausea						




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