

# Migraine Exercise Log

Fill out this form each day you exercise. It will help you better understand your body's rhythms, your limits, your progress, and keep yourself on track to meet your goals. Your ultimate health goal is to work up to 30 minutes of exercise per day, at least 5 days a week. Remember: Small steps add up to big change.

Date: _____	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Exercise Type (e.g., walking, strength, chores, stretching)							
Time (e.g. 20 minutes)							
Intensity Level (1-10)							
Migraine Details (e.g., exercise improved / worsened symptoms)							
Hydration (oz drank before, during, after exercise)							
Nutrition prior to exercise (list what ate)							
Notes (e.g., meds, supplements, emotions, pain)							
Healthy Reward (e.g. bath, self-massage, try new recipe)							