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show your healthcare physician to come up with the best treatment plan. With 100 pages, there are 2 sections in this book: Section One is a master log to record information of Date BUILT TO LAST. We want your journal to of Headache -Suspected Trigger (What caused it?) -Duration (How long did it last?) -Intensity (Was it mild, moderate or severe?) -Relieved By (What helped? Rest, Medication of tough paperback with strong, secure or other.) Section Two is a place to write more detailed information about each incident in case you need to reference each headache more thoroughly. Here are more features of our journal: USEFUL &

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Headache Journal Template, Migraine Log

Management. Record Location, Severity,

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Duration, Triggers, Relief Measures, Other Symptoms and Notes, Cute Pirates Cover Migraine JournalHeadache Journal Template, Migraine Log Sheet, Chronic Headache/Migraine Management. Record Location, Severity, Duration, Triggers, Relief Measures, Other Symptoms and Notes, Cute Sea Creature Cover Migraines? Recording your headache activity should not cause you any headaches anymore. Our migraine journal can help you keep track of any patterns and triggers to show your healthcare physician to come up with the best treatment plan. With 100 pages, there are 2 sections in this book: Section One is a master log to record information of- Date of Headache -Suspected Trigger (What caused it?) -Duration (How long did it last?)

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Publishing Platform Migraines? Recording your headache activity should not cause you any headaches anymore. Our migraine journal can help you keep track of any patterns and triggers to show your healthcare physician to come up with the best treatment plan. With 100 pages, there are 2 sections in this book: Section One is a master log to record information of- Date of Headache -Suspected Trigger (What caused it?) -Duration (How long did it last?) -Intensity (Was it mild, moderate or severe?) -Relieved By (What helped? Rest, Medication or other.) Section Two is a about each incident in case you need to reference each headache more thoroughly. Here are more features of our journal: **USEFUL & CONVENIENT - Simple and** easy to use, the pages are ready and waiting to be filled. It's a fuss-free journal and easy to fill out with the necessary information. A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall

apart. The sturdy cover is made of tough

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Headache/Migraine Management. Record
Location, Severity, Duration, Triggers, Relief
Measures, Other Symptoms and Notes, Cute
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