



Headache & Migraine Trigger Tracker

Identify patterns. Find relief. Bring this log to your next appointment.

To help our Ringwood practitioners provide the most accurate care, we recommend tracking your symptoms for 7–14 days. Use this checklist to identify the common "hidden" triggers for your headaches.

1. The "Physical" Triggers

These are mechanical issues related to your spine and muscles:

- Tech Neck: Did you spend more than 3 hours on a laptop or smartphone today?
- Sleeping Position: Did you wake up with a stiff neck or use a new/different pillow?
- Jaw Tension: Have you been clenching your teeth or feeling "clicking" in your jaw (TMJ)?
- Repetitive Movement: Did you do heavy lifting or overhead reaching recently?

2. Environmental & Lifestyle Triggers

External factors that "spike" the nervous system:

- Screen Time: Extended periods of blue light or flickering office lights.
- Hydration: Did you drink at least 2 litres of water today?
- Caffeine: Have you had more (or significantly less) caffeine than usual?
- Skipped Meals: Low blood sugar is a major trigger for migraines.

3. The "Stress & Sleep" Connection



Sleep Quality: Did you get less than 7 hours of restful sleep last night?

Stress Level: (1-10) How high was your emotional or work stress today?

The "Let-Down" Headache: Did your headache start right as you began to relax (e.g., Saturday morning)?

Your 7-Day Symptom Log

If you are downloading this as a PDF, print this section and keep it on your nightstand.

Date	Time Started	Intensity (1-10)	Location (Left/Right/Back)	Potential Trigger?