

HadIt.com – Migraine Log Worksheet

This log is based on VA's rating schedule for migraines under 38 CFR § 4.124a, Diagnostic Code 8100
Use this log to track your migraine headaches. Consistent records help support your VA disability claim.

Date	Duration	Severity	Symptoms	Impact	Treatment	Trigger

Tips for Veterans

- Keep entries daily — even 'no migraine today' is useful to show frequency.
- Share your log with your doctor so it enters your official VA medical records.
- Be specific. Words like 'prostrating' (unable to function, bedridden) carry weight with the VA.
- Use a notebook, spreadsheet, or phone app — whatever helps you keep it consistent.

What to Record in Your Log

- Date & Time – when the migraine starts.
- Duration – how long it lasted (minutes, hours, days).
- Severity – mild, moderate, severe, or prostrating (bedridden).
- Symptoms – nausea, sensitivity to light/sound, vision changes, cognitive fog.
- Impact on Daily Life – missed work, had to leave an event, stayed in dark room.
- Treatment Used – medications taken and whether they helped.
- Possible Triggers – stress, loud noise, lack of sleep, certain foods.

