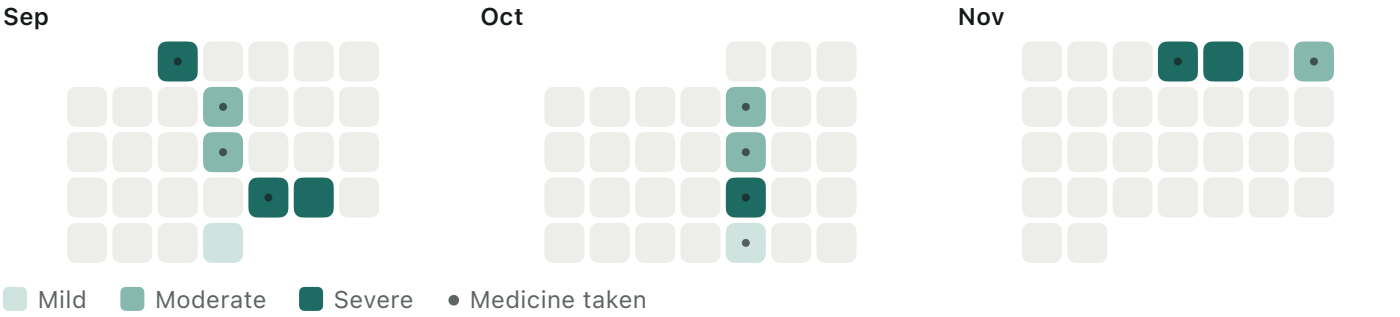
Migraine diary

Sep 1, 2026 – Nov 10, 2026

Made Nov 10, 2026

13	5.6	8	2	6
migraine days	a month on average	days with a triptan	days with other acute medicine	days unable to carry on

Calendar



Did the medicine help?

Sumatriptan	Helped 5 of 8 times
Ibuprofen	Helped 2 of 4 times

Migraines

Nov 7 · 7:48 AM to about 12:48 PM	Moderate · Sumatriptan
Nov 4 · 3:32 PM to about 12:32 AM Nov 5	Severe · Sumatriptan, Ibuprofen
Oct 29 · 9:05 AM to about 12:05 PM	Mild · Ibuprofen
Oct 22 · 6:48 AM to 8:48 PM	Severe · Sumatriptan
Oct 15 · 6:32 PM to 10:32 PM	Moderate · Sumatriptan
Oct 8 · 8:17 AM to about 2:17 PM	Moderate · Sumatriptan
Sep 30 · 2:17 PM to 4:17 PM	Mild
Sep 24 · 7:48 AM to 3:48 AM Sep 25	Severe · Sumatriptan, Ibuprofen
Sep 16 · 10:48 AM to 3:48 PM	Moderate · Sumatriptan
Sep 9 · 4:32 PM to 7:32 PM	Moderate · Ibuprofen
Sep 1 · 7:32 AM to 3:32 PM	Severe · Sumatriptan

Recorded as it happened. A migraine day is any day a migraine touched. Times marked “about” are approximate. Medicine days count each calendar day once per type.