SAMPLE REPORT: made-up data

Migraine Attack Report — Sample Patient

Jul 25, 2026 – Oct 22, 2026

Generated Oct 22, 2026 · My Migraine Journal v1.3.4

SUMMARY

10
TOTAL ATTACKS

10
DAYS WITH ATTACKS

77 of 87 tracked
MIGRAINE-FREE DAYS

6.0 / 10
AVERAGE SEVERITY

0.8
ATTACKS PER WEEK

11 days
LONGEST ATTACK-FREE RUN

Most used medication — **Sumatriptan**

ATTACKS BY MONTH

MONTH	ATTACKS	AVG SEVERITY
Jul 2026	1	7.0
Aug 2026	4	5.8
Sep 2026	3	6.7
Oct 2026	2	5.0

TOP TRIGGERS

Poor sleep	**4 of 10 (40%)**
Stress	**4 of 10 (40%)**
Screen time	**2 of 10 (20%)**
Skipped meal	**2 of 10 (20%)**
Weather change	**2 of 10 (20%)**

MEDICATIONS

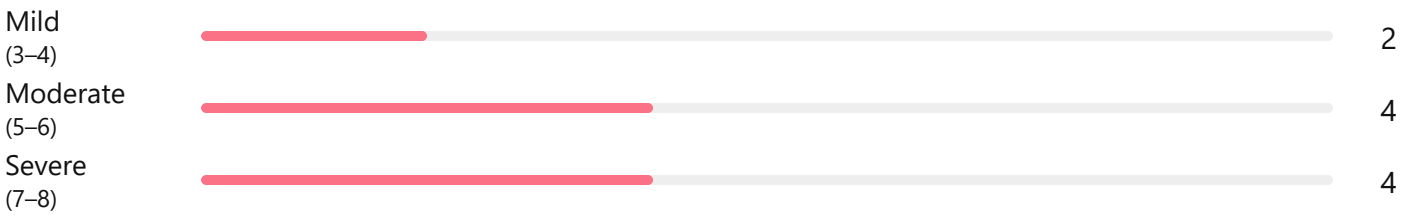
MEDICATION	TAKEN	HELPED	PARTLY	NONE	RELIEF
Sumatriptan	5	4	1	0	90%
Ibuprofen	4	1	2	1	50%

Relief counts "helped" in full and "partly" as half, over the doses that were rated.

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SEVERITY DISTRIBUTION



RECENT ATTACKS

DATE	PAIN	DURATION	LOCATION	MEDICATION
Oct 18 8:20 AM	6/10	4–12 hours	Left side	Sumatriptan Helped
Oct 7 4:20 PM	4/10	1–4 hours	Both sides	Ibuprofen Partly helped
Sep 25 6:20 AM	8/10	12–24 hours	Left side	Sumatriptan Partly helped
Sep 14 2:20 PM	5/10	< 30 min	Behind eyes	—
Sep 3 9:20 PM	7/10	1–4 hours	Left side	Sumatriptan Helped
Aug 26 9:20 AM	6/10	4–12 hours	Right side	Ibuprofen No relief
Aug 19 6:20 PM	4/10	1–4 hours	Both sides	Ibuprofen Helped
Aug 12 7:20 AM	8/10	4–12 hours	Left side	Sumatriptan Helped
Aug 4 3:20 PM	5/10	1–4 hours	Behind eyes	Ibuprofen Partly helped
Jul 28 6:20 AM	7/10	4–12 hours	Left side	Sumatriptan Helped

Severity is self-rated 1–10. Migraine-free days are tracked days without a logged attack. Generated on the device by My Migraine Journal; this report is not medical advice.

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