

My Migraine Action Plan

My name: _____

Date: / /

My doctor's name: _____

Phone number: _____

My clinic: _____

Phone number: _____

My pharmacy: _____

Phone number: _____

Green Zone – Good control – My headache plan is working. I can do what I need to do.

I will:

- Keep managing my triggers.
- Write in my migraine diary each time I have a headache.
- Keep taking my preventive (controller) medicine daily.
- Take my relief and rescue medicine as needed.

Yellow Zone – Not enough control – My headache plan isn't always working. My headaches keep me from doing some of the things I need to do.

I will:

- Set goals to control my triggers and act on them.
- Write in my migraine diary each time I have a headache and review it for patterns or new triggers.
- Keep taking my preventive (controller) medicine daily.
- Take my relief and rescue medicine as needed.
- Call my doctor or clinic if I stay in the Yellow Zone.

Red Zone – Poor or no control – My headache plan has failed. I can't do anything when I have one. My medicines aren't working.

I will:

- Set goals to control my triggers and act on them.
- Write in my migraine diary each time I have a headache and review it for patterns or new triggers.
- Keep taking my preventive (controller) medicine daily.
- Take my relief and rescue medicine as needed.
- Call my doctor or clinic or go to urgent care or an ER if I'm having the worst headache of my life.
- Call my doctor or clinic or go to urgent care or an ER if my medicine doesn't work.
- Let my doctor or clinic know within two weeks if I have gone to an urgent care or an ER.

My preventive (controller) medicine: _____

My relief and rescue medicine: _____

059034 (06-01-2022)