

Trigger Identification Template

Date	Food Eaten	Hours of Sleep	Environmental Odors	Migraine?
1-May	banana	7	car freshener	yes
	blueberry muffin			
	orange juice			
	ham sandwich			
	chips			
	diet coke			
	pasta			
	mixed veggies			
2-May	pb+j sandwich	8	flowers	no
	apple			
	water			
	cookie			
	steak			
	green beans			
3-May	egg sandwich	8	Lysol cleaner	yes
	orange juice		bleach	
	pasta			
	water			
	slice of cake			
	lasagna			
	carrots			
	milk			