MIGRAINE MASTER · RITUAL SHEET

The Beverage Tracker

Because real pattern-finding needs structure, not scattered notes.

One drink. One entry. One clear answer.

Most people never learn which beverages truly affect them, because the answer hides in a 48-hour window they were never told to watch. This sheet gives that window a shape. Test one drink at a time, note how the day unfolded, and let the pattern show itself over a few gentle weeks — one quiet observation at a time.

HOW TO USE IT

1. **Print the journal pages.**
   Keep a small stack somewhere calm — a kitchen drawer, your bag, the bedside table. Each page holds four entries.
2. **Fill it in as you drink, not later.**
   Amount, time of day, temperature, and whether food was involved. These details are what turn a note into evidence.
3. **Return once, 48 hours on.**
   Circle Y or N. That single mark is the whole study. Repeat the same drink three times before you call it a trigger — or clear it.

WHY FORTY-EIGHT HOURS

A beverage rarely announces itself immediately. Delayed responses commonly surface up to two days later, which is why a single evening of observation tells you almost nothing — and why this one column tells you almost everything.

Migraine Master

Beverage Tracker

Drink ____________________ Test # ________

Date ______________ Amount _____________

Time of day ☐ Morning ☐ Midday
☐ Afternoon ☐ Evening ☐ Night

With food? ☐ Yes ☐ No ☐ Snack

Temperature ☐ Cold ☐ Room ☐ Hot

Other ingredients / notes

____

____

____

Caffeine Y N (______ mg)

Sweetener Y N (_______________ type)

Migraine within 48 hours? Y N

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Date ______________ Amount _____________

Time of day ☐ Morning ☐ Midday
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Migraine within 48 hours? Y N