

The Beverage Tracker

One drink. One entry. One clear answer.

You shouldn't have to guess what's safe to drink.

The answer usually hides in a 48-hour window
nobody told you to watch. This sheet gives it a shape.

HOW TO USE IT

- 1** Print the journal pages.
Two entries per page. Keep a small stack somewhere calm.
- 2** Fill it in as you drink.
Amount, time of day, temperature, food.
- 3** Come back once, 48 hours later.
Circle Y or N. Test the same drink three times.

WHY FORTY-EIGHT HOURS

A drink rarely shows its effect right away.
Delayed responses often appear up to two days later.



Not medical advice. Please speak with your doctor about your care.

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Migraine in the next 48 hours? Y N

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Migraine in the next 48 hours? Y N

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Migraine in the next 48 hours? Y N

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Migraine in the next 48 hours? Y N