

CEFALY[®]

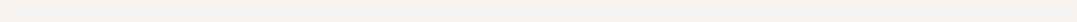
New Habits for Migraine Prevention Challenge



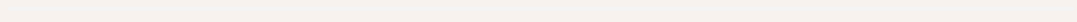
SCAN FOR MORE
INFORMATION



my name is



and i'm doing this because



CEFALY[®]

How to Succeed with CEFALY

- Find a place to lie down or recline during your treatment.
 - *This will help CEFALY stay in place on your forehead.*
- Try to keep movement to a minimum during treatment.
 - *This is your time to relax, listen to music, or meditate.*
- Use the ACUTE treatment mode at the earliest sign of a migraine attack.
- Schedule time for your daily PREVENT treatment.
 - *CEFALY can cause a mild sedative effect, so bedtime is a great time for treatment.*
- Be consistent. CEFALY's efficacy increases over time as treatments desensitize the trigeminal nerve.
- Keep your CEFALY charged and ready so you can use the PREVENT treatment mode every day.



We're here to help! Get one-on-one support by scheduling a free session with your CEFALY Coach.

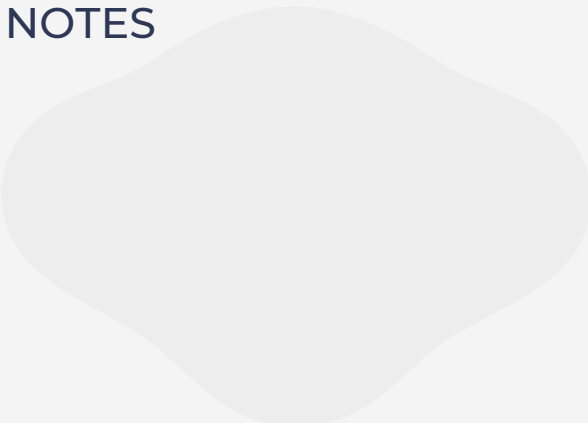
SCAN TO SCHEDULE!

MONTHLY HABIT TRACKER

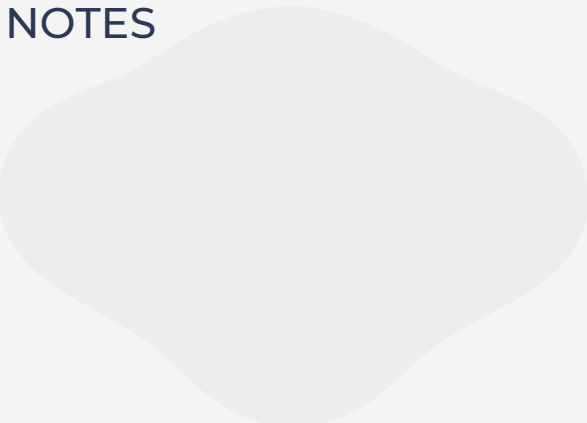
MONTH:

HABIT									
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DAY 02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAY 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAY 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

NOTES



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**“JUST BECAUSE I CARRY IT SO WELL,
DOESN'T MEAN IT'S NOT HEAVY.”**

CEFALY®

NEW HABITS FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

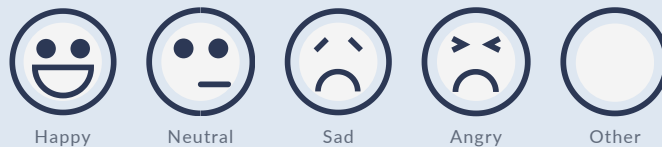
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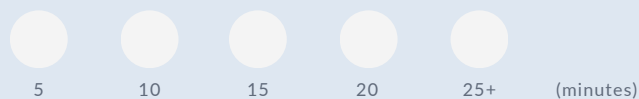
WATER INTAKE



HOW ARE YOU FEELING?



TODAY I MEDITATED FOR



TODAY'S SYMPTOMS



TODAY'S WORKOUT



PREVENT TREATMENT

ACUTE TREATMENT

FREE SPACE

doodle, write your daily intentions, jot down your thoughts, etc.

THINGS YOU CAN DO DURING YOUR TREATMENT

- Watch TV
 - Listen to Music
 - Listen to an Audiobook
 - Wear an Ice Pack
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REMEMBER WHY YOU ARE DOING THIS - FOCUS ON YOUR GOAL

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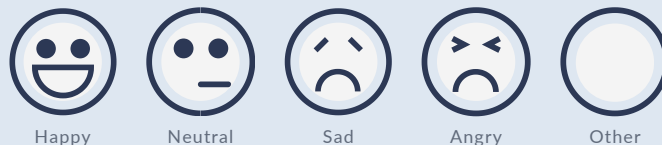
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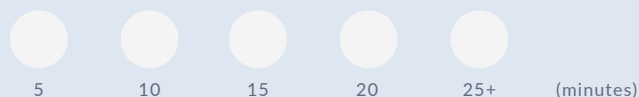
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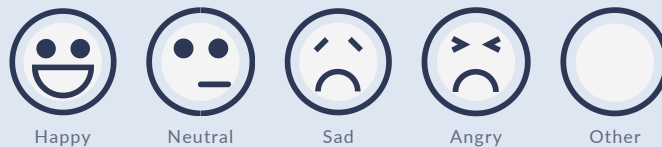
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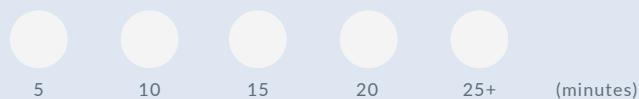
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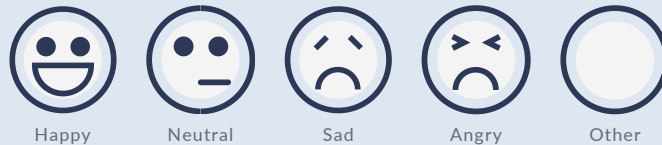
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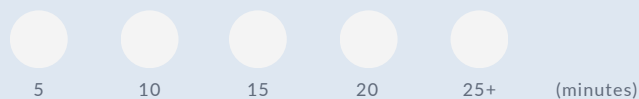
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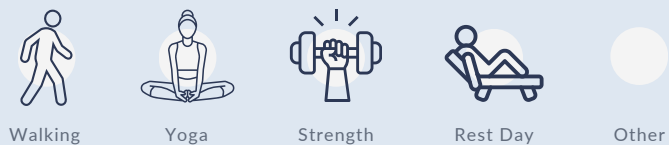
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**“I WANT YOU TO KNOW THAT YOU ARE NOT
ALONE IN YOUR BEING ALONE.” - STEPHEN FRY**

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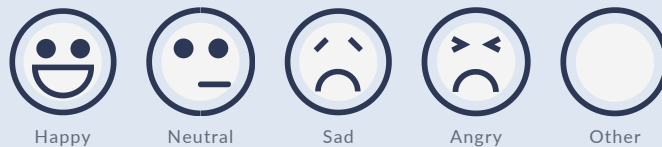
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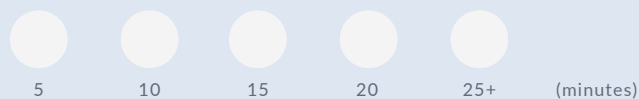
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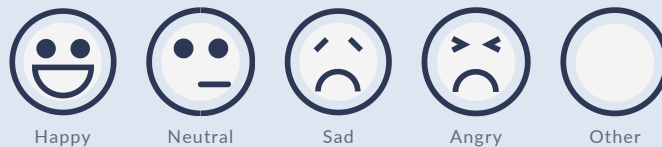
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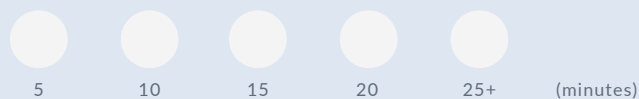
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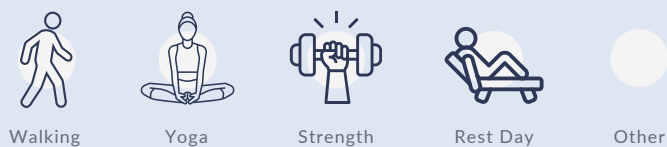
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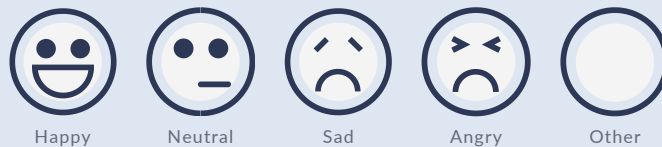
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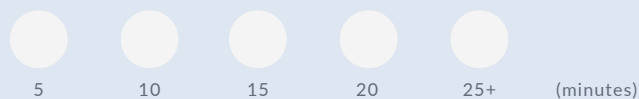
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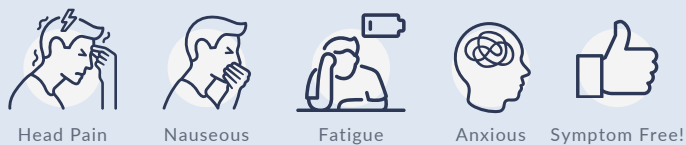
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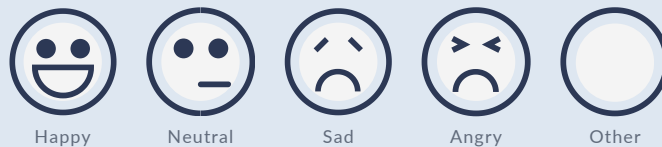
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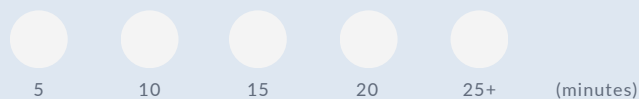
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**“WE DON’T HAVE TO DO ALL OF IT ALONE.
WE WERE NEVER MEANT TO.” - *BRENÉ BROWN***

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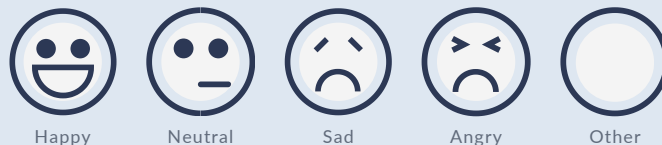
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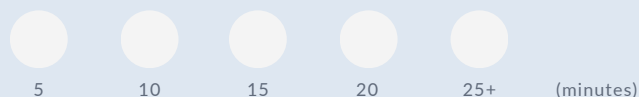
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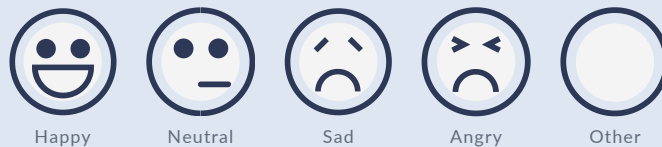
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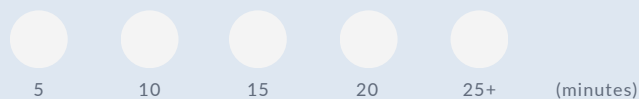
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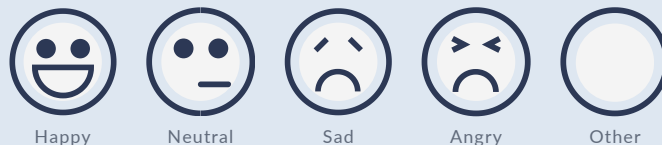
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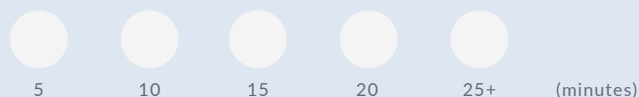
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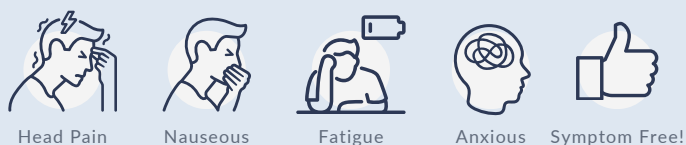
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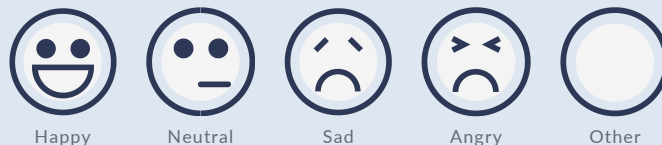
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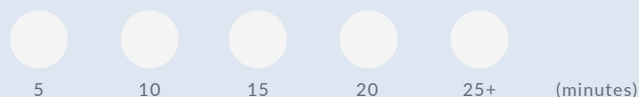
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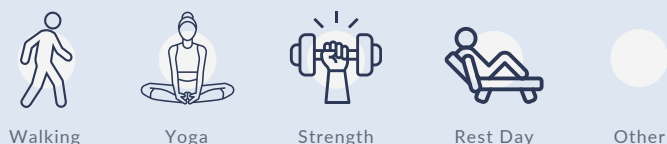
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**“LEARNING HOW TO LIVE IN A BROKEN BODY
IS A NEVER ENDING JOURNEY.” - UNKNOWN**

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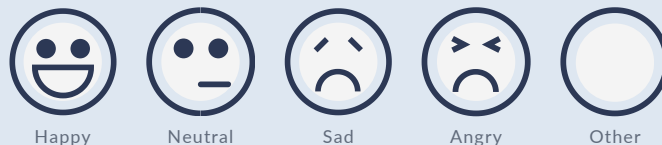
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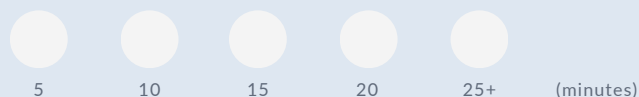
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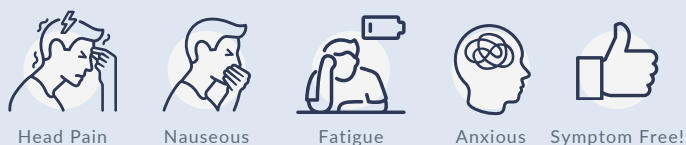
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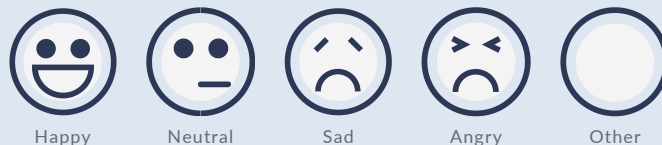
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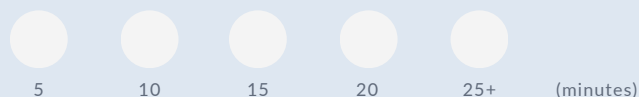
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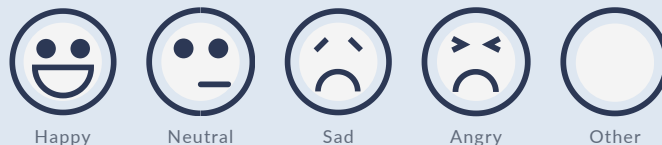
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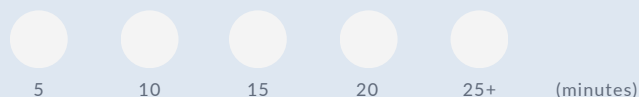
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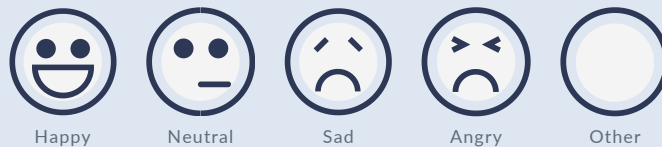
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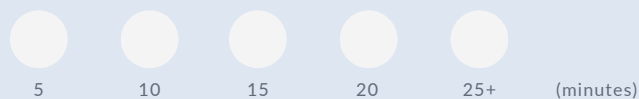
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THINGS YOU CAN DO DURING YOUR TREATMENT

- Watch TV
 - Listen to Music
 - Listen to an Audiobook
 - Wear an Ice Pack
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REMEMBER WHY YOU ARE DOING THIS - FOCUS ON YOUR GOAL

NEW HABITS FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

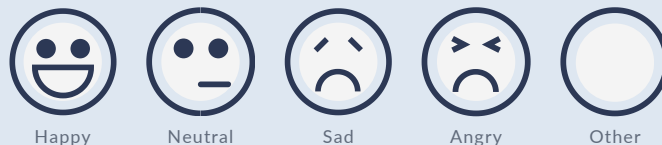
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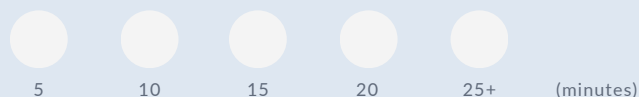
WATER INTAKE



HOW ARE YOU FEELING?



TODAY I MEDITATED FOR



TODAY'S SYMPTOMS



TODAY'S WORKOUT



PREVENT TREATMENT

ACUTE TREATMENT

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“YOUR PAIN IS VALID EVEN IF IT’S INVISIBLE.”

CEFALY®

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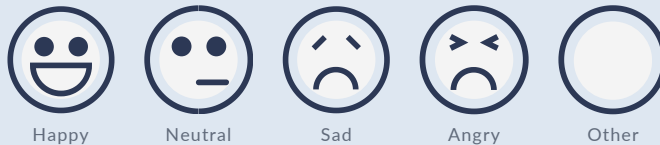
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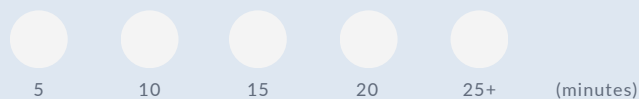
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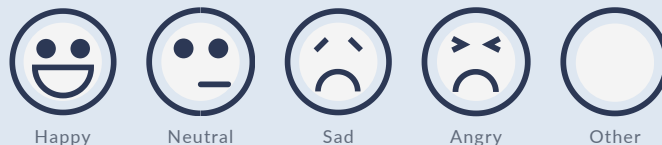
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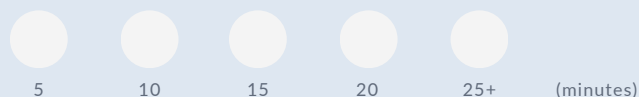
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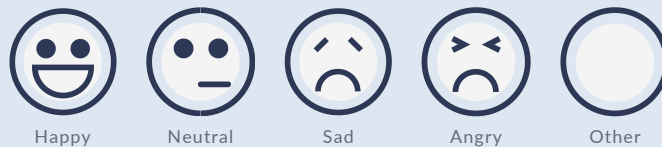
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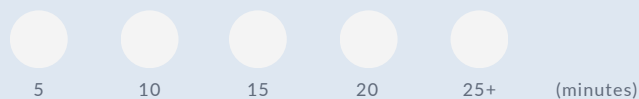
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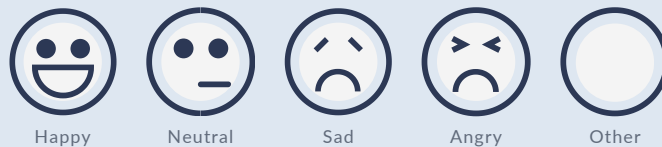
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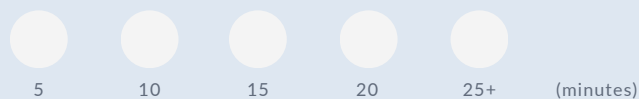
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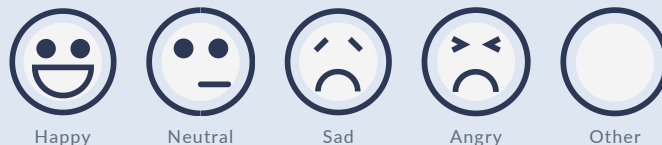
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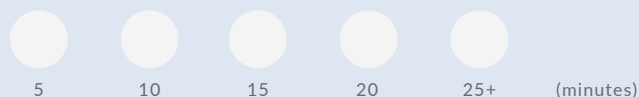
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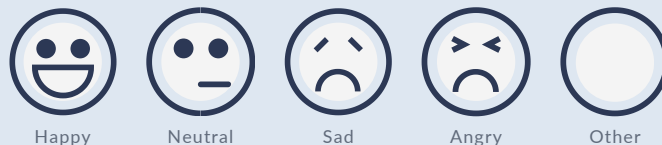
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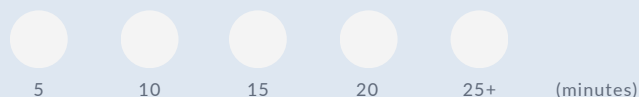
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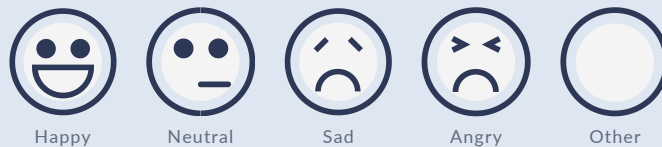
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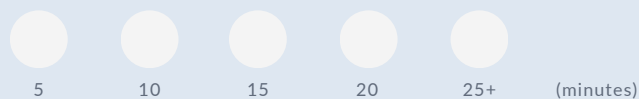
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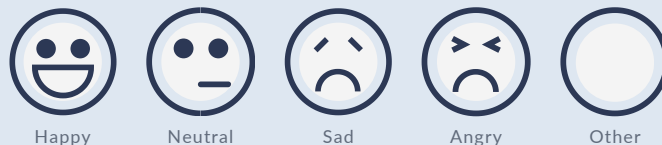
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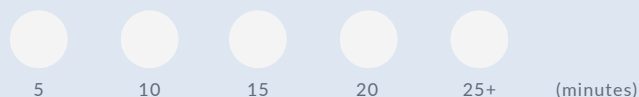
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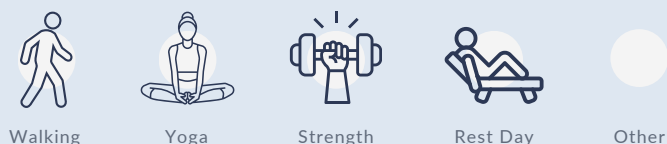
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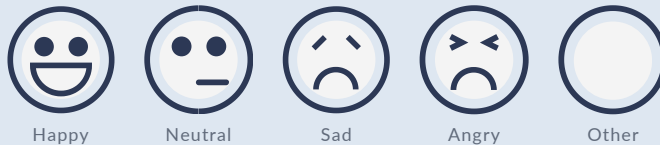
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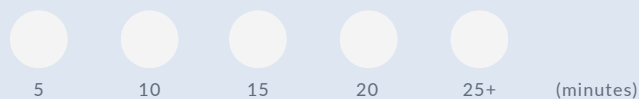
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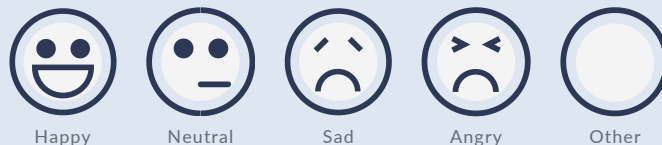
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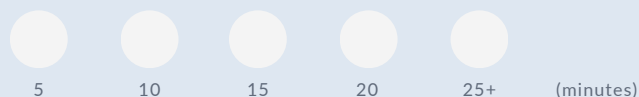
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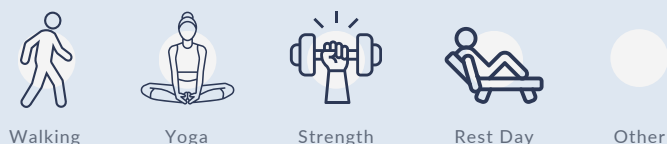
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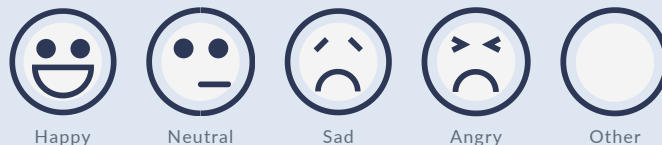
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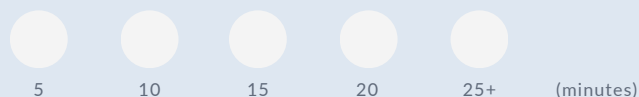
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“MIGRAINE IS TOUGH, BUT SO ARE YOU.”

CEFALY[®]



**CONGRATS ON
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CEFALY®