

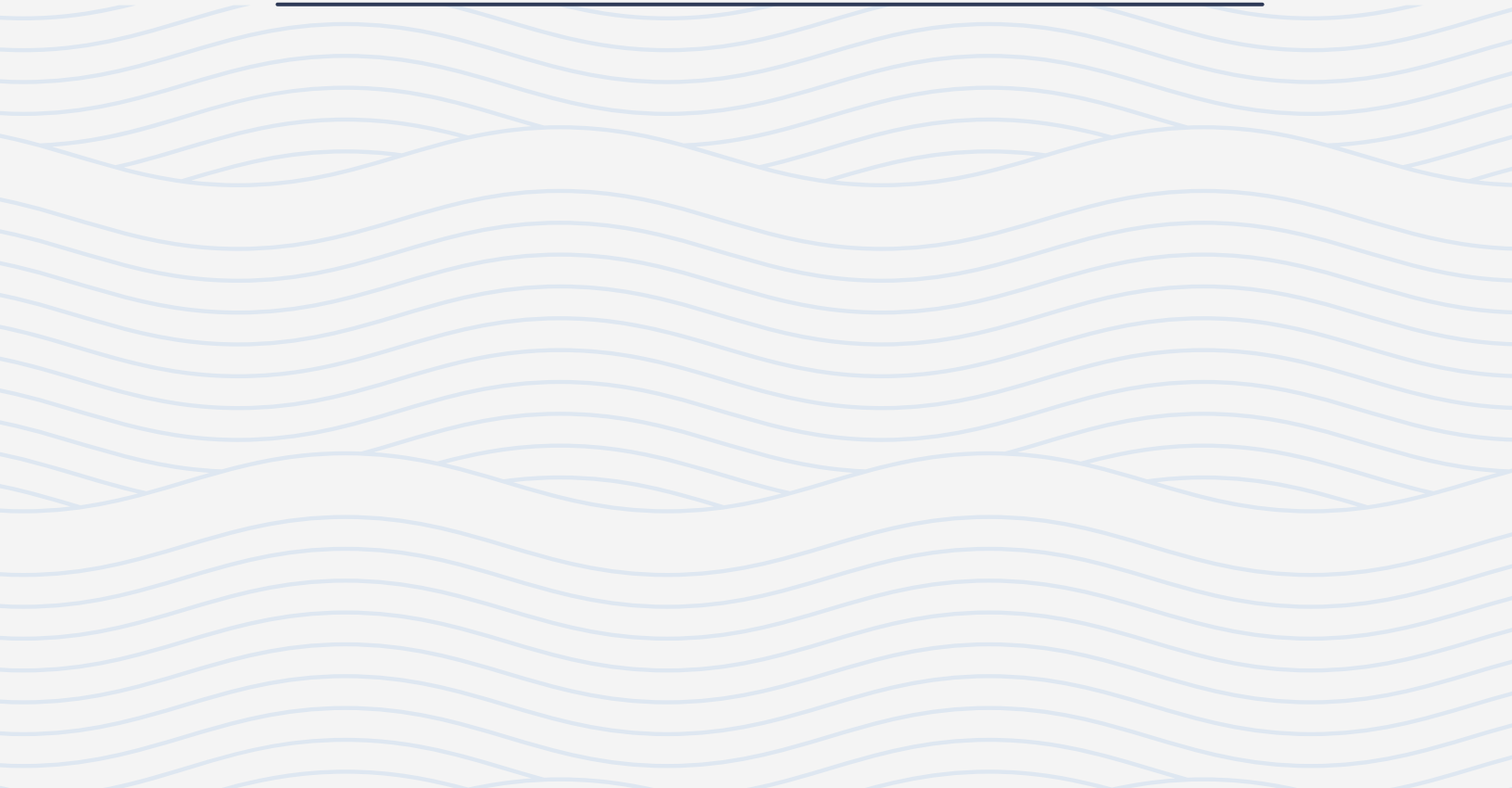
**CEFALY<sup>®</sup>**

**MIGRAINE RELIEF  
ROUTINE TRACKER**

*my name is*



*and i'm doing this because*



# 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.



# MONTHLY ROUTINE TRACKER

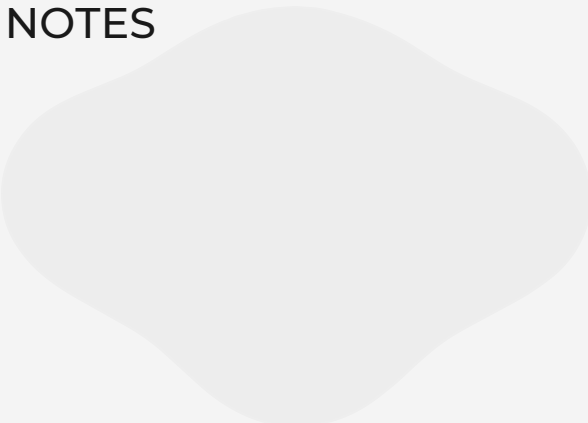
MONTH:

HABIT

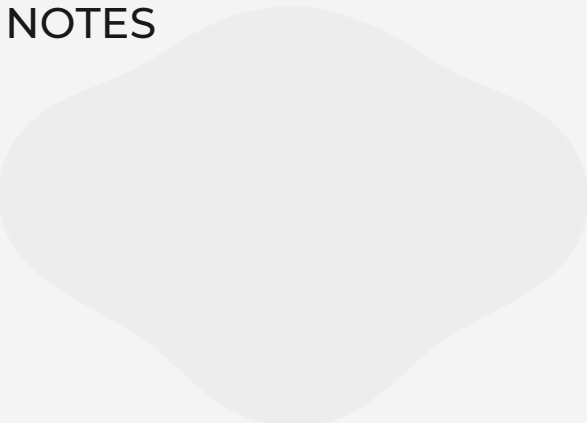
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| DAY 02 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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| DAY 15 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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| DAY 31 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

NOTES



NOTES



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















**CEFALY®**

# HEALTHY ROUTINES FOR LIVING WITH MIGRAINE

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DATE:    /    /

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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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**“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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
REMEMBER WHY YOU ARE DOING THIS - FOCUS ON YOUR GOAL

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















**CEFALY**

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
















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
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
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
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
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| <p><b>WATER INTAKE</b></p> <p>1 2 3 4 5 6 7 8 (glasses)</p>  | <p><b>HOW ARE YOU FEELING?</b></p> <p>    </p> <p>Happy    Neutral    Sad    Angry    Other</p>                |
| <p><b>TODAY I MEDITATED FOR</b></p> <p>5    10    15    20    25+ (minutes)</p>  | <p><b>TODAY'S SYMPTOMS</b></p> <p>    </p> <p>Head Pain    Nauseous    Fatigue    Anxious    Symptom Free!</p> |
| <p><b>TODAY'S WORKOUT</b></p> <p>    </p> <p>Walking    Yoga    Strength    Rest Day    Other</p> | <p><b>PREVENT TREATMENT</b></p> <p><b>ACUTE TREATMENT</b></p>  |
| <p><b>FREE SPACE</b></p> <p>doodle, write your daily intentions, jot down your thoughts, etc.</p>  | <p><b>THINGS YOU CAN DO DURING YOUR TREATMENT</b></p> <p>Watch TV    Write your own:<br/>Listen to Music<br/>Listen to an Audiobook<br/>Wear an Ice Pack</p>   |
| <p><b>NOTES</b></p>  |  |















REMEMBER WHY YOU ARE DOING THIS - FOCUS ON YOUR GOAL

# HEALTHY ROUTINES FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

DATE:    /    /

S   M   T   W   T   F   S

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
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
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**“MIGRAINE IS TOUGH, BUT SO ARE YOU.”**

**CEFALY<sup>®</sup>**