

Migraine and IBS Overlap Tracker

Use this one-page tracker for two weeks when migraine and IBS seem to flare around the same context.

Daily Snapshot

Day	Sleep	Stress	Meals skipped?	Migraine symptoms	IBS symptoms	Nausea	Notes
1							
2							
3							
4							
5							
6							
7							

Pattern Check

- Did migraine and bowel symptoms rise on the same day?
- Did one usually come first?
- Was the strongest shared context sleep, stress, skipped meals, alcohol, caffeine change, menstrual-cycle timing, travel, or illness?
- Did the same food trigger bowel symptoms without migraine?
- Did migraine happen without bowel symptoms?

What to Bring to a Clinician

- headache frequency, severity, aura symptoms, medicines, and disability
- bowel pattern, bleeding, weight change, vomiting, fever, or new pain
- the strongest shared context from the tracker