Chronic Illness

AUTOIMMUNE & MIGRAINE SYMPTOM DIARY

Chronic

Autoimmune

Migraine

Symptom

CHECKLIST

Date	Illness	Chronic	Migraine	✓

Chronic Illness

AUTOIMMUNE & MIGRAINE SYMPTOM DIARY

- [ ] Autoimmune — step 1
- [ ] Diary — step 2
- [ ] Migraine — step 3
- [ ] Illness — step 4
- [ ] Chronic — step 5
- [ ] Symptom — step 6
- [ ] Autoimmune — step 7
- [ ] Diary — step 8
- [ ] Migraine — step 9
- [ ] Illness — step 10
- [ ] Chronic — step 11
- [ ] Symptom — step 12
- [ ] Autoimmune — step 13
- [ ] Diary — step 14

Ideas