

CEFALY[®]

New Habits for Migraine Prevention Challenge



SCAN FOR MORE
INFORMATION



my name is

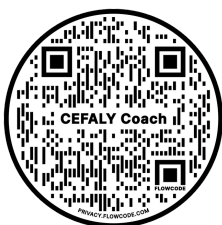
and i'm doing this because



SCAN FOR MORE
INFORMATION

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									
DAY 01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
DAY 08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
DAY 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DAY 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.”**

NEW HABITS FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

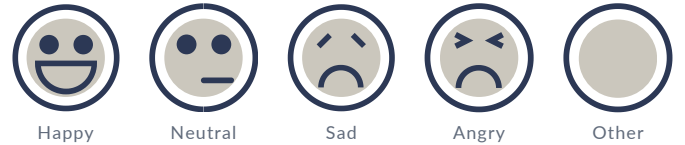
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S M T W T F S

WATER INTAKE



HOW ARE YOU FEELING?



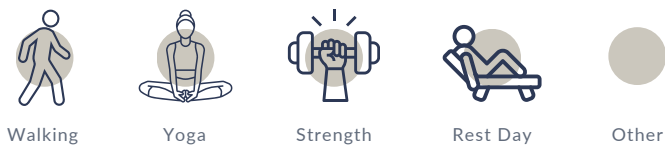
TODAY I MEDITATED FOR



TODAY'S SYMPTOMS



TODAY'S WORKOUT



PREVENT TREATMENT

ACUTE TREATMENT

FREE SPACE

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THINGS YOU CAN DO DURING YOUR TREATMENT

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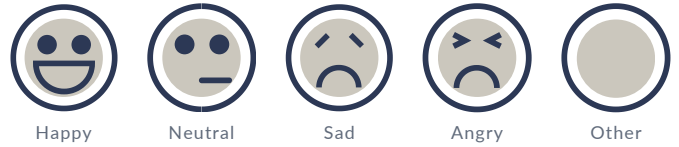
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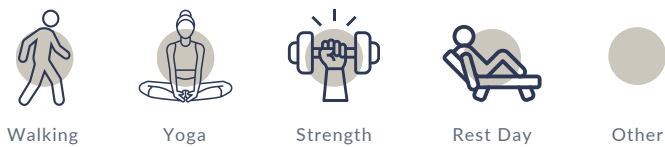
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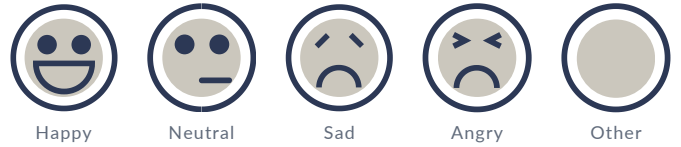
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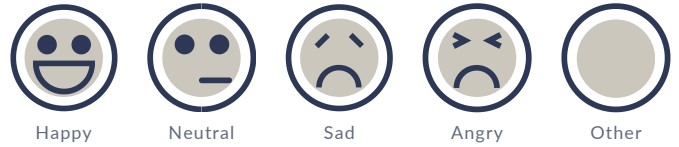
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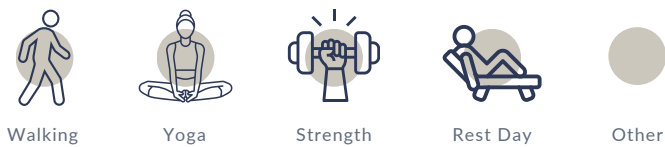
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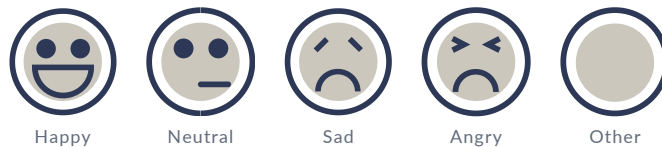
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**“I WANT YOU TO KNOW THAT YOU ARE NOT
ALONE IN YOUR BEING ALONE.” - *STEPHEN FRY***

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DATE: / /



<h3>WATER INTAKE</h3> <p>1 2 3 4 5 6 7 8 (glasses)</p>	<h3>HOW ARE YOU FEELING?</h3> <p>Happy Neutral Sad Angry Other</p>
<h3>TODAY I MEDITATED FOR</h3> <p>5 10 15 20 25+ (minutes)</p>	<h3>TODAY'S SYMPTOMS</h3> <p>Head Pain Nauseous Fatigue Anxious Symptom Free!</p>
<h3>TODAY'S WORKOUT</h3> <p>Walking Yoga Strength Rest Day Other</p>	<p>PREVENT TREATMENT ACUTE TREATMENT</p>
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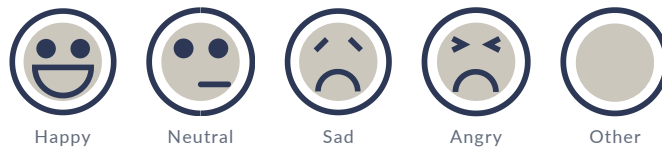
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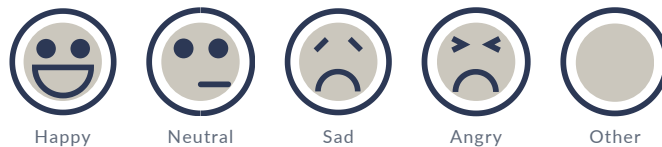
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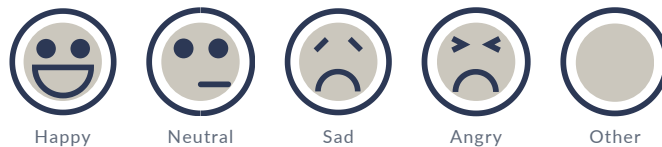
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5 10 15 20 25+ (minutes)

TODAY'S SYMPTOMS



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Walking Yoga Strength Rest Day Other

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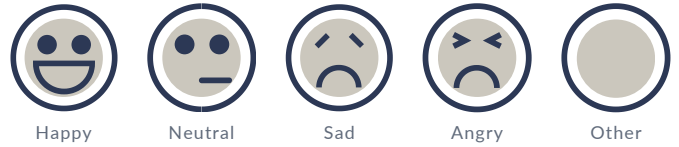
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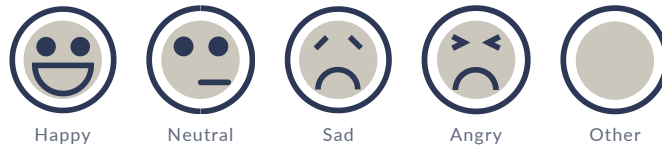
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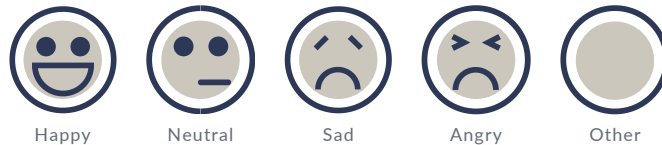
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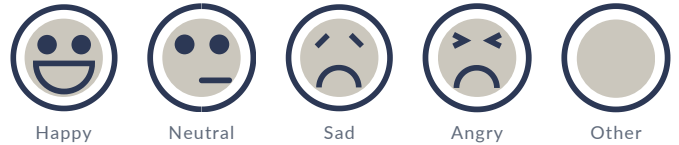
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**“LEARNING HOW TO LIVE IN A BROKEN BODY
IS A NEVER ENDING JOURNEY.” - UNKNOWN**

NEW HABITS FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

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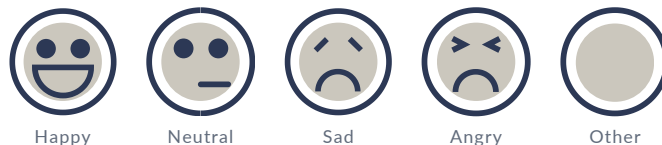
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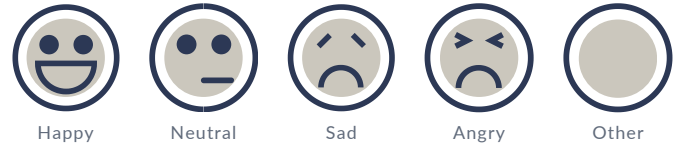
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“YOUR PAIN IS VALID EVEN IF IT’S INVISIBLE.”

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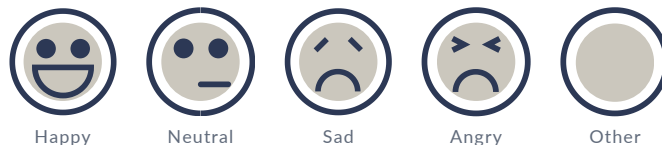
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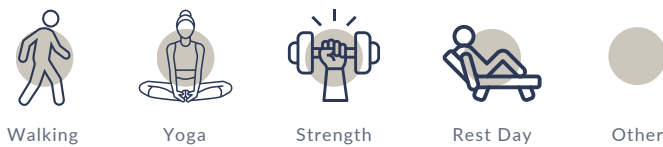
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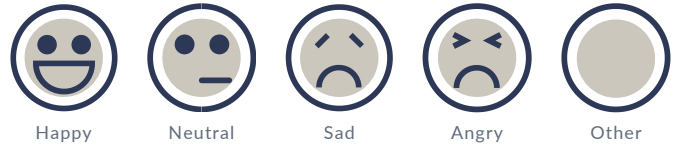
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REMEMBER WHY YOU ARE DOING THIS - FOCUS ON YOUR GOAL

NEW HABITS FOR LIVING WITH MIGRAINE

DAILY GRATITUDE

DATE: / /



<h3>WATER INTAKE</h3> <p>1 2 3 4 5 6 7 8 (glasses)</p>	<h3>HOW ARE YOU FEELING?</h3> <p>Happy Neutral Sad Angry Other</p>
<h3>TODAY I MEDITATED FOR</h3> <p>5 10 15 20 25+ (minutes)</p>	<h3>TODAY'S SYMPTOMS</h3> <p>Head Pain Nauseous Fatigue Anxious Symptom Free!</p>
<h3>TODAY'S WORKOUT</h3> <p>Walking Yoga Strength Rest Day Other</p>	<h3>PREVENT TREATMENT</h3> <h3>ACUTE TREATMENT</h3>
<h3>FREE SPACE</h3> <p>doodle, write your daily intentions, jot down your thoughts, etc.</p>	<h3>THINGS YOU CAN DO DURING YOUR TREATMENT</h3> <p>Watch TV Listen to Music Listen to an Audiobook Wear an Ice Pack</p> <p>Write your own:</p>
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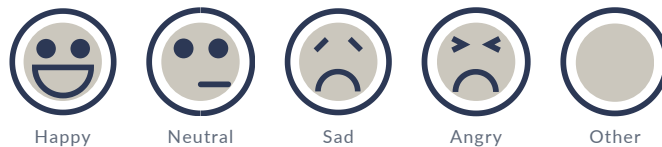
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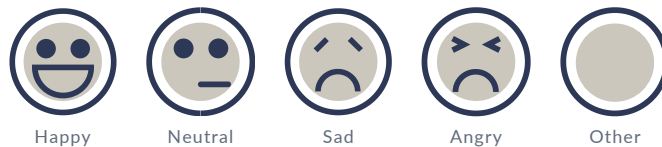
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“LIFE IS TOUGH, BUT SO ARE YOU.”

**CONGRATS ON BUILDING
NEW HABITS!**

CEFALY®