NAME:_____ *Courtesy of* MONTH:_____ YEAR: 20_____

**GLIA SCIENCES, INC., Exclusive Maker of the Novel Product GLIACIN**

| FOOD: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NOTES: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Skipping Meals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dehydration | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alcohol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Excessive Caffeine / Lack of Caffeine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| "Specialty" Coffee (Starbucks, Dutch Brothers, Etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Artificial Sweeteners | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Excessive Sweets / Sugar | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chocolate | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk / Coffee Creamer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yogurt | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sour Cream | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lunch Meat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bacon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Dogs / Sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoked or Pickled Meat / Fish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Citrus (Oranges [OJ], Limes, Lemons, Pineapples, Etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bananas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rasberries | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avacados / Guacamole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Onions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cabbage / Sauerkraut | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomatoes (pizza sauce, spaghetti sauce, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mushrooms | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beans (burritos, chili, salads, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh bread (bagels, pizza, donuts, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nuts (peanuts, almonds, almond milk, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vinegar | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salad Dressing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soy Products (milh, edamame, soy sauce, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Monosodium Glutamate (MSG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Butylated hydroxyanisole / hydroxytolulene (BHA & BHT) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| EXTERNAL ENVIRONMENT: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NOTES: |
| Weather Fronts (Monsoon storm, dust storm, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Flying | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Driving Associated with Altitude Change | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vacationing at High Altitude | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smog / Pollution / "High Ozone" Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bright Light / Reflections (sunlight, fluorescent bulbs, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Complex visual Patterns (ceiling fans, blinds, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heat (summer day, sauna, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Loud / High-Pitched Noises (traffic, music, tools, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Perfumes/Cologne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Scented Candles / Air Fresheners | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cigarette/Cigar Smoke | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gasoline/Diesel Fumes and Auto Exhaust | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Household/Car Cleaners | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| INTERNAL EMVIRONMENT: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NOTES: |
| Lack of Sleep / Poor Sleep | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prolonged Sleep or Napping | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Running Late / Feeling Rushed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Change from Daily Routine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Argument with Family/Friend/Co-Worker | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Major Life Event (job change, death in family, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Crying or Laughing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Relaxation Time (weekend, vacation, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Exercise / Physical Exertion | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| New Medication or Change to an Existing Medication | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mid-Menstrual Period (Ovulation) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Menstrual Period | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **CALENDAR DATE** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| **DATE OF WEEK** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

NATURAL NEURON SUPPORT FOR HEADACHE SUFFERERS

# ENHANCER/TRIGGER TRACKER

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