

HEADACHE DIARY

The Headache Diary can be used as a tool to keep track of your headaches and also help your healthcare practitioner better understand your headaches.

Date							
Time Began							
Time Ended							
Warning Signs (<i>aura</i>)							
Location of Pain							
Type of Pain (<i>Pressing, throbbing, piercing, etc.</i>)							
Intensity of Pain (<i>circle one #</i>)	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Other Symptoms (<i>nausea/vomiting</i>)							
Medication Taken/Other Treatment							
Effect of Treatment							
How Headache Affected My Normal Routine							
Hours of Sleep the Night Before the Headache							
What I Ate Before the Headache (<i>caffeine, diet soda, chocolate, hot dogs, food with artificial sweeteners, processed foods</i>)							
Activities Before Headache							
Important or Stressful Events Today							
Comments							