Headache Diary

Diaries can be a useful tool to identify triggers, to keep track of your headaches, and to help your health care provider better understand your headaches. The headache diary also helps monitor changes in headache frequency and severity. An on-line headache diary is available at http://www.achenet.org/your/diary1.php

- -	Date:	Time Started:	Time Ended:			
Head- ache	Warning Signs:					
	Type of Pain: (e.g. piercing, throbbing, etc)					
Pain	Intensity of Pain: (circle one)	(Low) 1 2 3 4 5 6 7	7 8 9 (High)			
	Location: (e.g. between eyes, back					
nent	Treatment or Medication Take	en:				
Treatment	Effect of Treatment:					
es.	Hours of Sleep:					
Circumstances	What I ate today:					
Circu	Events prior to headache: (e.g. strenuous activity, elevated stress, etc)					
Comments						

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