



Name: Months: Year:

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

HEADACHE INTENSITY table with rows: Life-threatening pain, ER Visit, Bedrest all day, Bedrest partial day, Very severe pain, Severe pain, Moderate pain, Mild pain, Very mild pain, Light pressure or aura only, No pain at all.

LENGTH OF HEADACHE (hrs)

DISABILITY LEVEL table with rows: Trip to ER/MD for Rx, Bed rest required, Severely impaired function, Mildly impaired function, Normal work & function.

SYMPTOMS table with rows: Sensitive to lights, Sensitive to sound, Nausea, Vomiting, Headache on 1/2 head, Headache on both sides, Throbbing headache, Steady (tight) headache, Worse with movement, Migraine aura: visual, Mig aura: neurological, Menstrual period, Other (write in comment).

RESCUE MEDICATIONS TAKEN FOR HEADACHE

