



HEADACHE AND MEDICATION LOG

<Insert Name>

<Insert Dates Covered>

Auto-populate dates
Not dates: for scoring only =>

HEADACHE INTENSITY

	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
Life-threatening pain	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
ER visit	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
100% bedrest	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Partial bed rest	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Moderately severe pain	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Moderate pain	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Light moderate pain	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Mild pain	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Very mild pain	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Light pressure or aura only	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
No pain at all	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Hours headache-free
Time HA started
Length HA (0-24) hrs
School/Work day(S/W)

IMPACT

Trip to ER/MD for Rx	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
Bed rest required	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Severely impaired function	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Mildly impaired function	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Normal work & function	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

SYMPTOMS

Sensitive to lights	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts
Sensitive to sound	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd
Nausea	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau
Vomiting	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom
Headache on 1 side	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
Headache on both sides	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both
Throbbing headache	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg
Steady headache	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy
Worse with movement	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt
Migraine aura: visual	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis
Mig aura: neurological	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur
Menstrual period	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men
Other (write in comment)	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr

RESCUE MEDICATIONS TAKEN FOR HEADACHE

Sleep (A-F)

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