

HEADACHE DIARY

This diary can be a useful tool to identify triggers, keep track of the headaches and help your health care provider better understand your symptoms. The diary also monitors the changes in frequency and severity.

An online diary is available at <http://www.achenet.org/your/diary1.php>

Name:

Date of Birth:

Date								
Time began								
Time ended								
Warning signs (aura)								
Location of pain								
Type of pain (pressing, throbbing, piercing, etc.)								
Intensity of pain* 1-10								
Other symptoms (nausea , vomiting)								
Medication taken/other treatment								
Effect of treatment								
How headache affected my normal routine								
Hours of sleep the night before the headache								
What was eaten before the headache (caffeine , diet soda, chocolate , hot dogs, food with artificial sweeteners , processed foods)								
Activities before headache occurred								
Important or stressful events that occurred today								
Comments								