Headache Diary

Discovery Health
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Triggers:

Examples include foods, alcohol, menstruation, stress, fatigue, caffeine, weather, etc.

Severity Scale:

1 = Mild headache: normal activity
2 = Moderate headache: disturbing normal activity
3 = Severe headache: preventing normal activity

Location of Pain

Include visual or auditory symptoms

Relief Measures:

Medications (include dosage and time taken); Relaxation; Ice Pack; Dark room; Bed rest; Other (please identify)

How Long to Relief:

How long after taking your relief measure did your headache go away?

Date & Time	Trigger	Severity	Location of Pain	Relief Measure	Did it Work?	How Long to Relief?