



My Headache Diary

A headache diary can help you identify your triggers so you can learn to avoid them. Use this diary to keep track of your headaches for several weeks, then bring it with you to your next doctor's appointment.



DATE and TIME (start to finish)	SEVERITY (Rate on a scale of 1 to 10, with 10 as "most severe")	PRECEDING SYMPTOMS	TRIGGERS	MEDICATION/ RELIEF MEASURE	DID RELIEF MEASURE WORK?

TRIGGERS: Examples include foods, alcohol, stress, fatigue, etc.

RELIEF MEASURES: Examples include rest, a dark room, medication, etc.