

SEVERITY RATING:

0 – Headache free ↔ 10 – Severe headache (normal activity is imposible)

MENSTUATION:

Women should indicate dates of menstrual flow

TRIGGER:

(EXAMPLE)

1. Alcohol
2. Chocolate
3. Aged cheese
4. Citrus fruits
5. Cured meats
6. MSG
7. NutraSweet(r)
8. Skipped meals
9. Nuts
10. Onions
11. Salty foods
12. Excess caffeine
13. Stress
14. Fatigue
15. Missed medication
16. Eyestrain or other visual triggers

TREATMENT:

1. Ice pack
2. Bed rest
3. Dark room
4. Medication (list name and dosage)
5. Relaxation techniques
6. Other (please specify)

RELIEF:

0 – Headache free ↔ 10 – Severe headache (normal activity is imposible)

*Use of the Headache Diary can greatly assist with your treatment.
Make sure you bring it to your next visit to be evaluated with a provider.*

HEADACHE DIARY

Date	Rating 1-10	Menstruation	Trigger	Treatment	Relief

Comments: _____
