

**Using your Headache Diary**

Fill in a column each time you have a headache. Take your diary to your next doctor's appointment to help you pinpoint the type of headaches you are having, identify possible triggers and develop a treatment plan.

# Headache Diary

<b>DATE</b>				
TIME STARTED				
TIME ENDED				
WARNING SIGNS				
TYPE OF PAIN	check all that apply	check all that apply	check all that apply	check all that apply
throbbing				
stabbing				
pounding				
dull ache				
pulsating				
pressing				
other				
LOCATION OF PAIN				
INTENSITY OF PAIN 1 least - 5 worst				
OTHER SYMPTOMS				
nausea				
sensitivity to light				
vomiting				
other				
TREATMENTS YOU TRIED				
DID IT WORK?				
POSSIBLE CAUSES				
foods eaten				
activities				
sleep last night				
stressful events				