

AidMyHeadache.com Headache Diary

Use this Headache Diary to keep track of your headaches.

Take the following symptoms seriously. See your health care provider immediately, go to the emergency room or call 911 if:

- Your headache comes on suddenly and is explosive or violent.
- You would describe your headache as "your worst ever", even if you are prone to headaches.
- Your headache is associated with slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- Your headache gets progressively worse over a 24-hour period.
- Your headache is accompanied by fever, stiff neck, nausea, and vomiting.
- Your headache occurs with a head injury.
- Your headache is severe and localized to one eye with redness in that eye.
- You are over age 50 and your headaches just began, especially with impaired vision and pain while chewing.

Date				
Time Headache Began				
Time headache Ended				
First Day of Menstrual Cycle				
Warning Signs (aura)				
Location of Pain				
Type of Pain (pressing, stabbing, burning, etc.)				
Intensity of Pain* (circle one number to the right)	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Other Symptoms (nausea, blurred vision, swelling, redness)				

Medication Taken/ Other Treatment				
Effect of Treatment				
How Headache Affected My Normal Routine				
Hours of Sleep the Night Before the Headache				
What I Ate 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				