

Headache diary

How to: one row per entry, filled in close to the time. Always use the same scale. Blank boxes are fine.

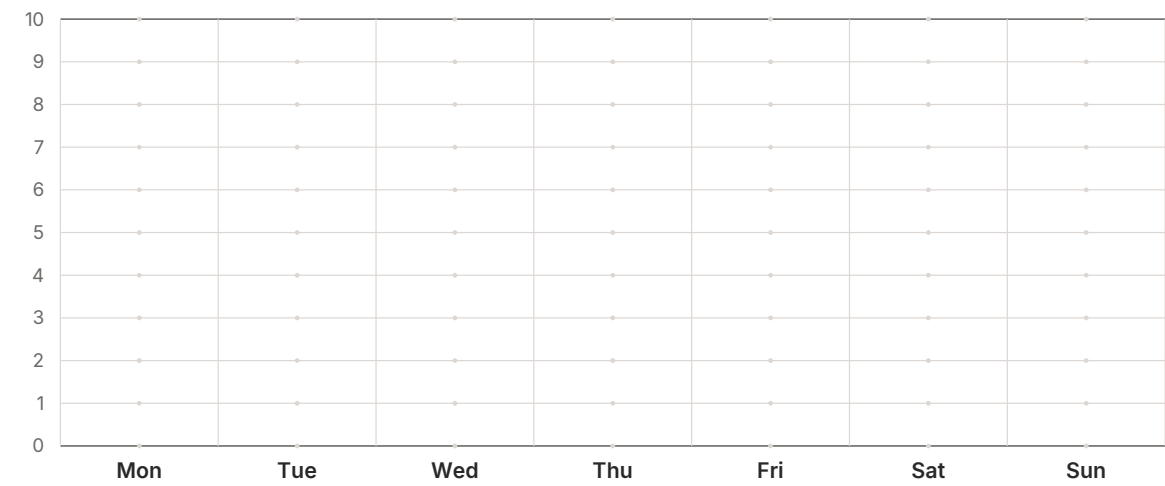
Severity: 0 no pain · 1–3 mild · 4–6 moderate · 7–9 severe · 10 worst pain imaginable

Day	Started	Duration	Severity	Aura	Other symptoms	Possible triggers	Medication	Effect after 2 h	Missed out
	time	hours	0–10	yes / no	nausea, light, noise	sleep, stress, food ...	name, dose, time	better, same, worse	work, plans cancelled?
Mon — —									
Tue — —									
Wed — —									
Thu — —									
Fri — —									
Sat — —									
Sun — —									

Headache diary

Your week at a glance

Mark the worst score for each day and join the dots.



What helped?

What made it worse?

Name

Week from to

Weekly review

Days with pain (out of 7)

Worst score this week

Days I took painkillers

Days I had to cancel something

Questions for my next appointment