

Headache diary

DOWNLOAD on www.migrainecanada.org
 Filling a diary is the best way to make the right decisions about your migraines/headaches.

DON'T FORGET ME!

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	T	
Headache 0 1 2 3*																																	
Aura																																	
Menstruation																																	
Lifestyle																																	
Tx																																	
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Tx:																																	
Effect acute tx																																	
STABLE Prev																																	
NEW prev																																	
Notes																																	

Number of days for each HA severity				
0	1	2	3	Tot

Total number of days with any acute medication intake

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Quick reminder:

Headache severity: 0 = headache free day 1= mild, can function 2=moderate, slowed 3= severe cannot function * = miss work or personal activity

Effectiveness of acute tx: S = success P = partial benefit F = failure R= recurrence of HA E = side effects

Acute treatment: taken as needed for an attack /headache episode **Preventive treatment:** taken every day to reduce headache frequency