Headache diary: 5 months overview

Migraine Canada

Write down each attack by severity or type:0 = headache free, 1 = mild, 2 = moderate, 3 = severe.
Code each acute treatment taken with a letter: A = advil, T = Tylenol, M = Maxalt etc
Note: write down specific information, triggers or symptoms you want to follow with codes you determine yourself.

	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
Headache **1 2 3**																															
Treatment																															
Note																															

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