## **Headache diary: 5 months overview**

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.



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