

# 2-Month Headache Diary



DOWNLOAD on [www.migrainecanada.org](http://www.migrainecanada.org).

Prefer an APP? See [migrainetracker.ca](http://migrainetracker.ca)

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/*																																	
Period																																	
Lifestyle																																	
Tx:																																	
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Effects Acute Tx:																																	
Preventives																																	
Symptoms:																																	
Notes																																	

Total # of days with any acute medication intake	
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# of days for each HA severity	0	1	2	3	Tot

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<b>LEGEND:</b>	<b>Headache severity scale:</b>		<b>Effectiveness of acute tx:</b>	
	0 = headache free 1 = mild, can function 2 = moderate, slowed	3 = severe cannot function * = miss work or personal activity	S = success P = partial benefit F = failure	R = recurrence of HA E = side effects

Tx: treatment