

# 3-Month Headache Diary

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																																	
Tx:																																	
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Effects Acute Tx:																																	
Preventives																																	
Notes																																	

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

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**Legend:**

**Headache severity scale:**  
 0 = headache free  
 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  
 Tx: treatment

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