

2-Month Headache Diary



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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:																																		
Tx:																																		
Tx:																																		
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

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

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

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	
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Period																																	
Tx:																																	
Tx:																																	
Tx:																																	
Effects Acute Tx:																																	
Preventives																																	
Notes																																	

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

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	
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Effects Acute Tx:																																	
Preventives																																	
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Total # of days with any acute medication intake	# of days for each HA severity				
	0	1	2	3	Tot

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

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

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5-Month Headache Diary

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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
Headache 0/1/2/3/*																															
Treatment																															
Notes																															

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

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
Headache 0/1/2/3/*																															
Treatment																															
Notes																															

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

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
Headache 0/1/2/3/*																															
Treatment																															
Notes																															

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

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
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Total # of days with any acute medication intake	
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# of days for each HA severity				
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