

2-Month Headache Diary



DOWNLOAD on www.migrainecanada.org.
Prefer an APP? See 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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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