

5-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	
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

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