Headache diary

Month _____ Year _____

One row a day. Worst pain from 0 to 10, in tenths when that is truer, such as 6.5. On a day without a headache, write 0, so a blank still means the day was not recorded. Write every medicine you took for it, prescribed or bought.

Day	Headache: started, ended	Worst, 0 to 10	Other symptoms: light, sound, feeling sick, aura	Medicine taken for it: name, dose, time	Did it help?	What came before, if anything	Period
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							

Day	Headache: started, ended	Worst, 0 to 10	Other symptoms: light, sound, feeling sick, aura	Medicine taken for it: name, dose, time	Did it help?	What came before, if anything	Period
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

This month

Days with a headache _____ Days I took medicine for one _____

To remember, or to ask at my next appointment:

When a headache needs help now

Emergency (NHS): a headache that came on suddenly and is extremely painful, or one with a seizure; numbness or weakness in the body or face, or on one side; trouble speaking, balancing, walking or remembering; loss of vision, or blurred or double vision; drowsiness or confusion; a very high temperature, a stiff neck or bright lights bothering you; a rash that does not fade under a glass; or a head injury in the last 3 months.

Urgent appointment (NHS): a migraine attack lasting over 72 hours, or aura over an hour; a headache with vomiting, vision or eye problems, jaw pain when eating or a tender scalp, or one brought on by coughing, sneezing, bending or exercise; a migraine attack in pregnancy or after a birth.

Emergency number _____ (9-1-1 in Canada and the US, 999 in the UK)