

Headache Diary: *Monthly headache calendar*



After each headache you experience, use your monthly headache calendar to record the date and time of day of each headache, if medication is used, as well as the onset of a menstrual cycle. To most effectively track your headaches, this calendar should be used in conjunction with your headache details chart.

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
Morning																															
Afternoon																															
Evening																															
Sleep time																															
Severity*																															
Symptoms§																															
Disability ϕ																															
Medication taken																															
Menstrual period																															

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* Severity: 1 = Mild 2 = Moderate 3 = Severe

§ Symptoms: 0 = None 1 = Nausea 2 = Vomiting 3 = Light Sensitivity 4 = Sound Sensitivity 5 = Aura

ϕ Disability: Rate 0 (none) – 10 (severe) A = Missed Work/School/Social Activity B = Emergency Room/Urgent Care Visit