Keep a Headache Diary

Perhaps the most important tool in headache prevention is the headache diary. It is used by doctors in determining the underlying causes and patterns related to your headache. Many patients actually feel better after completing their headache diary. This tool can help you be more aware of headache triggers and remind you of what works for your pain.

Following is a 6-day diary to get you started. Use this diary as a guide for recording the type, intensity and location of your pain, as well as the warning signs and symptoms. After you have entered this information for four or more headache episodes, you may begin to see a pattern in which foods, situations or activities seem to trigger your headaches.

If you are going to see your healthcare professional, remember to take your headache diary along.

Headache Diary

Date:	Date:	Date:	Date:	Date:	Date:
Warning Signs and Symptoms:	Warning Signs and Symptoms:	Warning Signs and Symptoms:	Warning Signs and Symptoms:	Warning Signs and Symptoms:	Warning Signs and Symptoms:
Time Begun:	Time Begun:	Time Begun:	Time Begun:	Time Begun:	Time Begun:
Time Ended:	Time Ended:	Time Ended:	Time Ended:	Time Ended:	Time Ended:
Type of Pain:	Type of Pain:	Type of Pain:	Type of Pain:	Type of Pain:	Type of Pain:
Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)	Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)	Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)	Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)	Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)	Intensity of Pain: 1 2 3 4 5 6 7 8 9 (LOW) (HIGH)
Location:	Location:	Location:	Location:	Location:	Location:
Treatment or Medication Taken:	Treatment or Medication Taken:	Treatment or Medication Taken:	Treatment or Medication Taken:	Treatment or Medication Taken:	Treatment or Medication Taken:
Effect of Treatment:	Effect of Treatment:	Effect of Treatment:	Effect of Treatment:	Effect of Treatment:	Effect of Treatment:
Hours of Sleep:	Hours of Sleep:	Hours of Sleep:	Hours of Sleep:	Hours of Sleep:	Hours of Sleep:
What I Ate Today:	What I Ate Today:	What I Ate Today:	What I Ate Today:	What I Ate Today:	What I Ate Today:
Unusual Events or Comments:	Unusual Events or Comments:	Unusual Events or Comments:	Unusual Events or Comments:	Unusual Events or Comments:	Unusual Events or Comments: