

Headache Diary Scales and Measures

Severity Scale:

- 0 -- Headache-free
- 1 -- Mild headache, allowing normal activity
- 2 -- Moderate headache, disturbing but not preventing normal activity
- 3 -- Severe headache, normal activity is impossible. Bed rest may be necessary

Relief Measures

- 1. Ice pack
- 2. Bed rest
- 3. Dark room
- 4. Medication (list name and dosage)
- 5. Relaxation techniques
- 6. Other (please specify)

Headache Triggers

- 1. Alcohol
- 2. Chocolate
- 3. Aged cheese
- 4. Citrus fruits
- 5. Cured meats
- 6. MSG
- 7. NutraSweet(r)
- 8. Skipped meals
- 9. Nuts
- 10. Onions
- 11. Salty foods
- 12. Excess caffeine
- 13. Stress
- 14. Fatigue
- 15. Missed medication
- 16. Eyestrain or other visual triggers

***Women-circle dates of menstrual flow**





Headache Diary

Instructions: Keep track daily of headache activity over the course of one month using the scales to measure severity, identification of relief measures, and the triggers mentioned on the back of this sheet. On days when no headache symptoms are present, indicate so. Events or changes in normal routine should be written in the Notes column, in addition to any pertinent information to the migraine/headache or relief.

Month:

Date	Severity	Relief measures	Triggers	Notes
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