

# Headache Diary

South Shore Neurologic Associates, P.C.

Islip: (631)666-3939 Patchogue: (631)758-1910 Riverhead: (631)727-0660

Name: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_ Overall Headache Severity (0-10): \_\_\_\_\_

Date:	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																																
Night																																

Scale : 0-Headache Free 1-Mild Headache 2-Moderate Headache 3-Severe Headache

## Abortive Medications (Tablets, Injections, Nasal Sprays etc. )

Medication & Dose	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	

Overall Relief: 0-None, 1- Slight Relief, 2-Moderate Relief, 3-Complete Relief

## Preventative Medications:

Date:	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	

## Other Factors:

Date:	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
Menstrual Periods																															
Triggers (indicate)																															

## Disability for the day:

Date:	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
Severity:																															

Scale: 0-None 1-Able to Carry Out Activities Well 2-Difficulty for Usual Activities 3-Miss Work/School

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## Triggers:

### Diet:

1. Alcohol
2. Chocolate
3. Aged Cheeses
4. Monosodium Glutamate (MSG)
5. Aspartame (NutraSweet/Equal)
6. Caffeine
7. Nuts
8. Nitrites/Nitrates
9. Citrus Fruits
10. Other (Please List)

### Hormones:

11. Menses
12. Ovulation
13. Hormone Replacement Therapy

### Changes:

14. Weather
15. Seasons
16. Travel
17. Altitude
18. Schedule Changes
19. Sleeping Patterns (Too Little/Too Much)
20. Diet
21. Skipping Meals

### Sensory Stimuli:

22. Strong Light
23. Flickering Lights
24. Odor

### Stress:

25. Let-Down Periods
26. Intense Activity
27. Loss (Death, Separation, Divorce)
28. Relationship Difficulties
29. Job Loss/ Change
30. Crisis

### Others:

- 31.
- 32.
- 33.
- 34.
- 35.