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Headache Diary

Patient Name:	Date of Birth:

Date	Time (Start/Finish)	Preceding Symptoms	Intensity (1-10)	Quality of pain	Associated Symptoms	Medication (dosage)	Treatment Response	Triggers

KEY: Preceeding Symptoms: Aura/prodrome of nausea, flashing lights, halos, etc.
Quality of pain: Throbbing, dull ache, sharp/stabbing, etc.
Associated Symptoms: Nausea, vomiting, sound sensitivity, etc.
Treatment Response: Good/fair/poor relief
Triggers: Strong odor, poor sleep, specific food, etc.