

## **Headache Diary:**

Keep a log of the following:

- 1) When did the headache start?
- 2) Location of the headache
- 3) What were you doing when the headache started?
- 4) How long did the headache last?
- 5) What symptoms accompanied the headache e.g., Nausea, vomiting, vision changes?
- 6) What improved the headache?
- 7) What worsened the headache?
- 8) Any known triggers, e.g., caffeine, missing meals, etc.?
- 9) How bad was the headache (1-5 scale)?
  - 1= annoying headache, continue with daily activity
  - 2= more painful, but still able to function, needs Motrin
  - 3= bothersome, not responding to Motrin, effects daily life
  - 4= can't do anything other than get up to go to the doctor's office/ER
  - 5= can't get out of bed/can't open eyes, needs ambulance