

# Headache Log

Use the following log to track your headaches. Remember to bring it with you to your appointments with your health care provider. This will help you better understand your headaches and triggers, and help you create a treatment plan that is right for you.

## Headache

Date: \_\_\_\_\_ Start time: \_\_\_\_\_ Stop time: \_\_\_\_\_

Signs: \_\_\_\_\_

## Pain

Type of pain:  Piercing  Throbbing  Pounding  Squeezing  Tightness

Other: \_\_\_\_\_

Pain rating: (Low) 1 2 3 4 5 6 7 8 9 10 (High)

Location of pain: \_\_\_\_\_

## Treatment

Medicine or therapy tried: \_\_\_\_\_ Did it help?  Yes  No

Medicine or therapy tried: \_\_\_\_\_ Did it help?  Yes  No

Medicine or therapy tried: \_\_\_\_\_ Did it help?  Yes  No

Medicine or therapy tried: \_\_\_\_\_ Did it help?  Yes  No

## Possible Triggers

Hours of sleep: \_\_\_\_\_

Foods and beverages consumed: \_\_\_\_\_

Events before headache (exercise, stress, weather): \_\_\_\_\_