Ottawa Headache Centre

Headache Diary

Name: _____

Severity:
Mild (m) -- able to carry out activities
Moderate (M) -- able to carry out activities with difficulty
Severe (S) -- cancellation of work or social activities

Medication
(A) _____
(B)_____
(C)_____

Response:

0 -- no response -- no relief or minimal relief ("severe" to "moderate")

1 -- headache relief -- ("moderate" or "severe" to "mild")

2 -- headache free

Trigger: refer to 'common headache triggers' e.g. B1 = chocolate D4 = stress

Month:_____ Year:_____

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																															
Medication																															
Response																															
Trigger																															
Menstruation																															