

Appendix 6.4

Headache Diary



A headache diary consists of tracking the following information:

Date	Time (start/finish)	Intensity rate 1-10 (most severe being 10)	Preceding Symptoms	Triggers	Medication (and dosage)	Relief (complete/ moderate/ none)

For more information about headache causes and treatments, visit the NHF web site at www.headaches.org or call 888-NHF-5552.