## 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.

820 N. Orleans, Suite 217, Chicago, IL 60610-3132 Toll Free (888) NHF-5552 Fax (312) 640-9049 www.headaches.org