

# HEADACHE LOG

Print this log sheet to keep track of your headaches (use the legend at the end of this page to fill in your log sheet diary). Review with your healthcare provider.

Name \_\_\_\_\_

Physician \_\_\_\_\_

## My Headache Log for the Month of \_\_\_\_\_

Date	Severity	Relief Measures	Headache Triggers
1			
2			
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**Legend....**

**Severity Scale:**

- 0 -- Headache-free
- 1 -- Mild headache, allowing normal activity
- 2 -- Moderate headache, disturbing but not preventing normal activity
- 3 -- Severe headache, normal activity is impossible. Bed rest may be necessary

**Relief Measures Scale -**

- 1. Ice pack
- 2. Bed rest
- 3. Dark room
- 4. Medication (list name and dosage)
- 5. Relaxation techniques
- 6. Other (please specify)

**Headache Triggers Scale -**

- 1. Alcohol
- 2. Chocolate
- 3. Aged cheese
- 4. Citrus fruits
- 5. Cured meats
- 6. MSG
- 7. NutraSweet(r)
- 8. Skipped meals
- 9. Nuts
- 10. Onions
- 11. Salty foods
- 12. Excess caffeine
- 13. Stress
- 14. Fatigue
- 15. Missed medication
- 16. Eyestrain or other visual triggers

(Women should circle dates of menstrual flow)