

Name:
Date of Birth:

## **Headache Diary**

Recording your migraine attacks or headaches aids in diagnosis, helps identify triggers and warning signs, evaluates medication effectiveness, and reveals attack patterns, facilitating effective management.

Date	Time	Severity (1-10)	<b>Duration</b> (min / hrs)	Painkillers (name and dose)	Symptoms (nausea, vomiting etc.)	Notes (triggers etc.)

Date	Time	Severity (1-10)	<b>Duration</b> (min / hrs)	Painkillers (name and dose)	Symptoms (nausea, vomiting etc.)	Notes (triggers etc.)