

# HEALTH DIARY: headaches

**SEVERITY SCALE:**

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

**HEADACHE TRIGGERS:**

- |                 |                                    |                        |
|-----------------|------------------------------------|------------------------|
| Aged cheese     | Eyestrain or other visual triggers | Peanuts                |
| Alcohol         | Fatigue                            | Red wine               |
| Altitude        | Lighting                           | Salty foods            |
| Aspartame       | MSG                                | Stress                 |
| Chocolate       | Missed medication                  | Smoke                  |
| Citrus fruits   | Nuts                               | Skipped meals          |
| Cured meats     | Onions                             | Other (please specify) |
| Dehydration     |                                    |                        |
| Excess caffeine |                                    |                        |

**RELIEF MEASURES:**

- Bed rest
- Coffee
- Dark room
- Ice pack
- Medication (list name and dosage)
- Pressure on your eyes
- Relaxation techniques
- Other (please specify)

(Circle the dates of your menstrual flow)

Date	Severity	Headache Triggers	Relief Measures
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