

HEADACHE CALENDAR INSTRUCTIONS

You will need to record each day that you have a headache, even if you do not take medication. Grade the severity according to the listed scale (seen below). Make note of any medications used, and of any other relief measures. Be sure to notate triggers, and the number of hours the headaches lasts. Also, women should indicate which days they are on their menstrual cycle.

Headache severity scale:

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

Examples of triggers and relief measures:

Triggers:

- Alcohol
- Chocolate
- Aged cheese
- Citrus fruits
- Cured meats
- MSG
- NutraSweet
- Skipped meals
- Nuts
- Onions
- Salty Foods
- Excess caffeine
- Stress
- Fatigue
- Missed medication
- Eyestrain or other visual triggers

Relief Measures:

- Ice pack
- Bed rest
- Dark room
- Medication (list name and dosage)
- Relaxation techniques

Example of how the calendar should look:

Monday

Severity	Meds used/ relievers
Hours in pain	Triggers

Date

HEADACHE CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	

Name _____

Date _____