NATIONAL HEADACHE FOUNDATION

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 312-274-2650.