

Specimen Headache Diary

This page illustrates how the diary should be filled out.

Pain is scored from 0 to 10. 0 is pain free and 10 is the worst pain you have ever had.

On the corresponding day and month, enter M for each migraine attack you have, and record the pain severity (0-10). Enter H for a background headache, and record the pain severity (0-10). Enter P on the 1st day of your period (if applicable). If you treat your headpain with medication please mark X in the treatment column. You may list the medication taken and dose at the bottom of the page. Please bring this diary with you to your next clinic appointment.

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January		M			P				H												M				H						
HAScore		8							6												6				5						
Treatment		X							X												X										
February	P												M	H	H													M			
HAScore													7	6	7													5			
Treatment													X		X																

M = **M**igraine

X = treatment taken

H = Background **H**eadache

HAScore = Headache Score (0-10)

P = **P**eriod (if applicable)

NAME:

YEAR:

DAY

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January																															
HAScore																															
Treatment																															
February																															
HAScore																															
Treatment																															
March																															
HAScore																															
Treatment																															
April																															
HAScore																															
Treatment																															
May																															
HAScore																															
Treatment																															
June																															
HAScore																															
Treatment																															

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NAME:

YEAR:

DAY

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
July																															
HAScore																															
Treatment																															
August																															
HAScore																															
Treatment																															
September																															
HAScore																															
Treatment																															
October																															
HAScore																															
Treatment																															
November																															
HAScore																															
Treatment																															
December																															
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