HEADACHE DIARY

(DUPLICATE AS NEEDED)

DATE	TIME BEGAN	TIME ENDED	TRIGGERS	SYMPTOMS (1-photophobia, 2-phonophobia, 3- nausea, 4-vomiting, 5-dizziness)	OTHER SYMPTOMS (describe)	TREATMENT (relieved or not)	QUALITY (pulsing, pounding, stabbing, dull ache, tightness)