

Migraine Headache Diary www.NYHeadache.com

Date				
Time HA Began				
Time HA Ended				
Warning Signs (aura)				
Location: Right, left, front, back				
Type of Pain pressing, sharp throbbing, etc.				
Intensity of Pain	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Other Symptoms nausea, light, noise sensitivity				
Medication Taken/ Other Treatments				
Effect of Treatment				
How HA Affected My Normal Routine				
Hours of Sleep the Night Before the HA				
Food eaten before the HA: soda, chocolate, cheese, wine, etc.				
Activities or stressful events before the HA				
Other triggers: weather, period, exercise, noise, smells, etc				
Comments				