

Website: www.headacheacademy.com Email: info@headacheacademy.com

Name		Date of Birth	/ /
------	--	---------------	-----

SECTION 1

Specimen Headache Diary

Give details of each headache in this section

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
13/3/13	Hours / mins 6 30	8	Aspirin
14/3/13	Hours / mins 6	5	
15/3/13	Hours / mins 10 20 Hours / mins	6	
16/3/13	8 15	10	Sumatriptan

SECTION 2.

Give details of each headache in this section.

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		

Date	Total number of hours of Headache in a day	Average pain score	Enter what pain killers or abortive treatment you have taken in the day
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		
/ /	Hours / Mins		