Headache diary

Fill in one line for each headache, on the day it happens. Aim for at least eight weeks before you and your doctors review it, and bring every page to your appointments at Netra and with your physician or neurologist. Pain score: 0 = no pain, 10 = the worst you can imagine.

Date	Start time	How long it lasted	Worst pain (0 to 10)	Where it hurt	Other symptoms (nausea, light or noise sensitivity, aura)	What came before it (sleep, meals, stress, screens, smells, weather)	Medicine taken (name, dose, time)	Did it help?	Period day?	Missed work, school or plans?

Each month, count two numbers: days with any headache _____ and days you took any pain or migraine medicine _____. Taking acute headache medicine on too many days a month can itself cause more frequent headaches (medication overuse headache), so share both numbers with your prescriber.

Get urgent care for a sudden, severe headache, the worst headache of your life, headache with fever and a stiff neck, or headache with weakness, numbness, trouble speaking or vision loss. Call 911 or go to the nearest emergency department.

This diary is a record for you and your clinicians. It does not replace medical advice. Do not stop or change prescribed medicines without your prescriber.