

Date	Clear	Mild	Mod	Severe	Painkillers?	Symptoms
1						
2						
3						
4						
5						
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30						
31						

# Headache Diary

Month: \_\_\_\_\_

Year: \_\_\_\_\_

Each day tick whether you had a clear day (crystal clear, no pain, no brain fog, nothing!), mild pain, moderate or severe.

If you used painkillers tick that box or write in what you took.

In the final box you might want to write any new or different symptoms that day. You could use a key like N = nausea, D = dizziness

*Dr Rich Ellis*  
NEUROLOGIST