HEADACHE DIARY

About your headache				Symptoms and triggers			Treatments and how well they worked		
Date	Headache rating 0—10 and type of pain (0 = no pain, 10 = worst possible pain)	Duration of headache	Activity undertaken	Sleep	Mood/stress	Other symptoms or triggers	Medicine used/amount	Other treatment used/amount	Effectiveness of medicine and/or treatment 0 (not at all) —10 (high)
e.g. 22 Mar	*5 Dull ache across my forehead*	*4 hours*	*Still able to work and attend all my meetings*	*Didn't get my usual 8 hours of sleep last night*	*Felt stressed because I had a big deadline*	*Felt tired*	*Paracetamol 1000 mg (= 2 tablets)*	*At lunch I went for a quiet walk for 10 minutes*	*3*

For information about headache or to download the NPS *Headache Diary* visit **www.nps.org.au/headache**

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