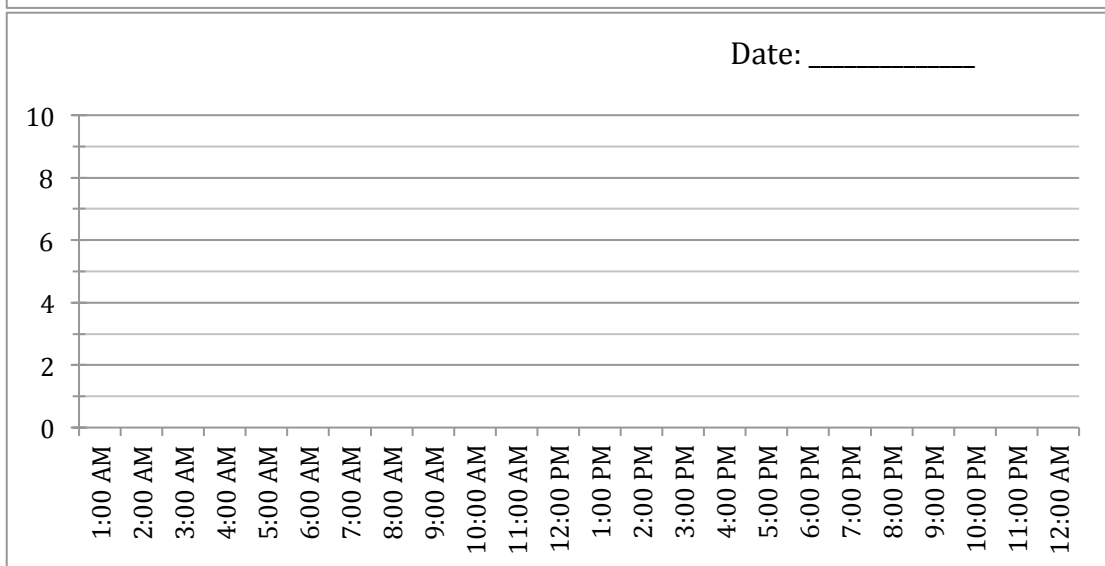
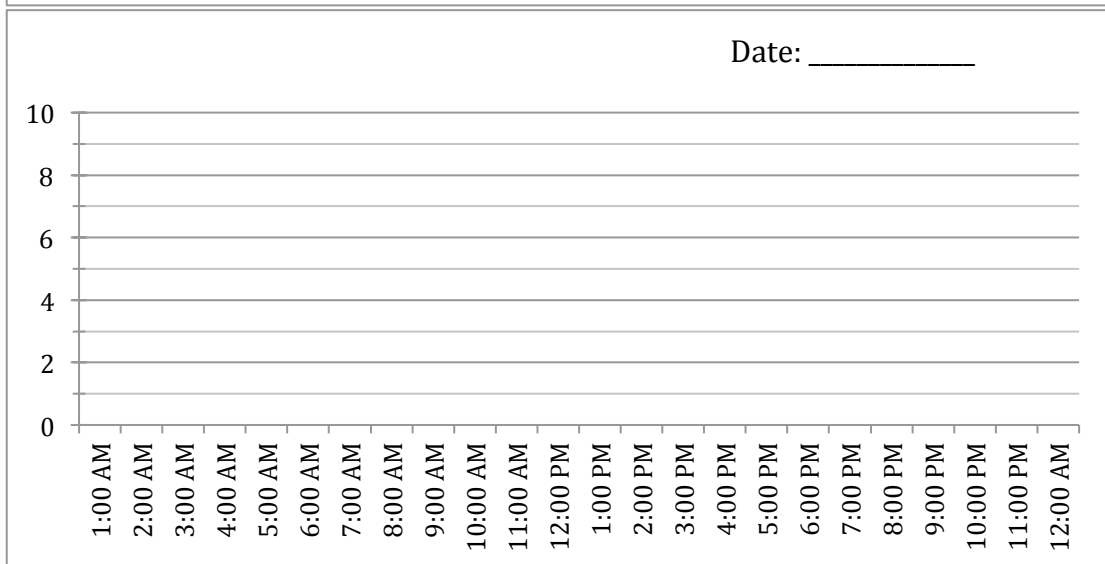
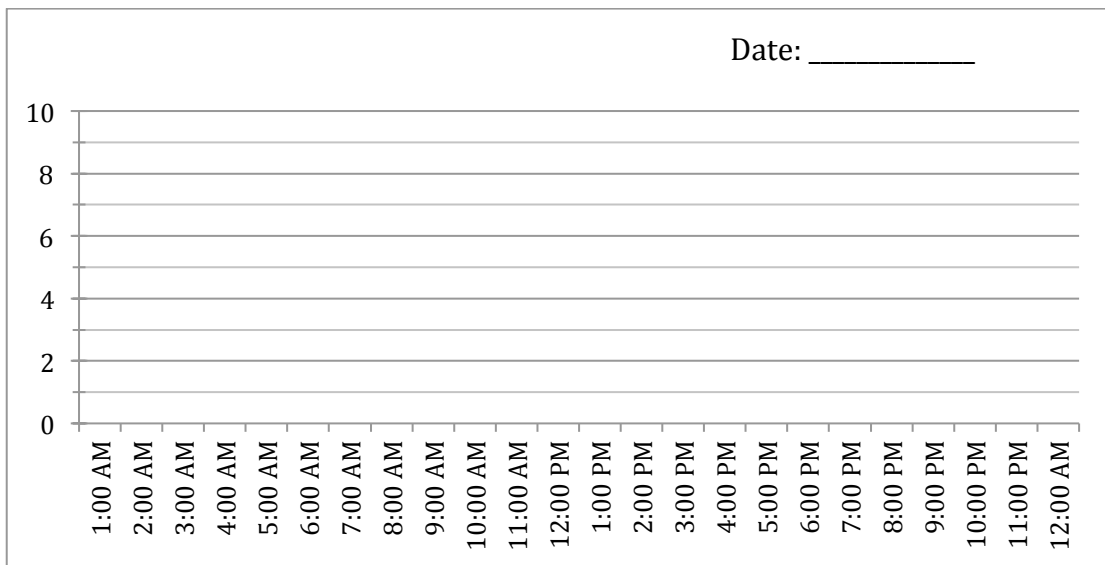


Headache Diary

Name: _____



Place an 'X' at each hour indicating pain level (0-10)

Mark on chart when & what medication you take

Mark 'Change Events' – what you were doing, thinking and feeling