Healthinfo

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Headache log

Name: **Month:**

Day	Day of Week	Time *Circle*	Duration	Severity *Circle (1 is mild)*	Nausea/ Vomiting	Time off Work	Triggers *Stress, period, etc.*	Medications		
								Name	Times	Dose
Sample	Thursday	AM (PM)	45 min	1 (2) 3	☑ N ☐ V	☐ YES ☑ NO ☐ N/A	Bright sunshine	Panadol	2pm	500 mg
1		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
2		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
3		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
4		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
5		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
6		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
7		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
8		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
9		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
10		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
11		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
12		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
13		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
14		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
15		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
16		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
17		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
18		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
19		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
20		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
21		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
22		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
23		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
24		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
25		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
26		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
27		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
28		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
29		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
30		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				
31		AM PM		1 2 3	☐ N ☐ V	☐ YES ☐ NO ☐ N/A				

Written by HealthInfo clinical advisers. Last reviewed May 2021.