SPECIMEN HEADACHE DIARY

This page illustrates how the diary should be filled out.

Pain is scored from 0 to 10.   0 is pain free and 10 is the worst pain you have ever had.

On the corresponding day and month, enter **H** for each headache attack you have, and record the pain severity (0-10). Enter **P** on the 1st day of your period (if applicable). If you treat your headpain with pain killers please mark **X** in the treatment column.

NAME :   **YEAR :**

DAY

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN		H					P		H												H				H						
HAScore		8							6												6				5						
Treatment		X							X												X										
FEB				P									H	H	H													H			
HAScore													7	6	7													5			
Treatment													X		X																

H = **H**eadache   **P**= **P**eriod (if applicable)   **HAS**core = Headache Score **(0-10)**

X = abortive treatment (pain killer or analgesic) taken; this does not refer to the regular preventive/prophylactic treatments

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DAY

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JULY																															
HAScore																															
Treatment																															
AUG																															
HAScore																															
Treatment																															
SEPT																															
HAScore																															
Treatment																															
OCT																															
HAScore																															
Treatment																															
NOV																															
HAScore																															
Treatment																															
DEC																															
HAScore																															
Treatment																															