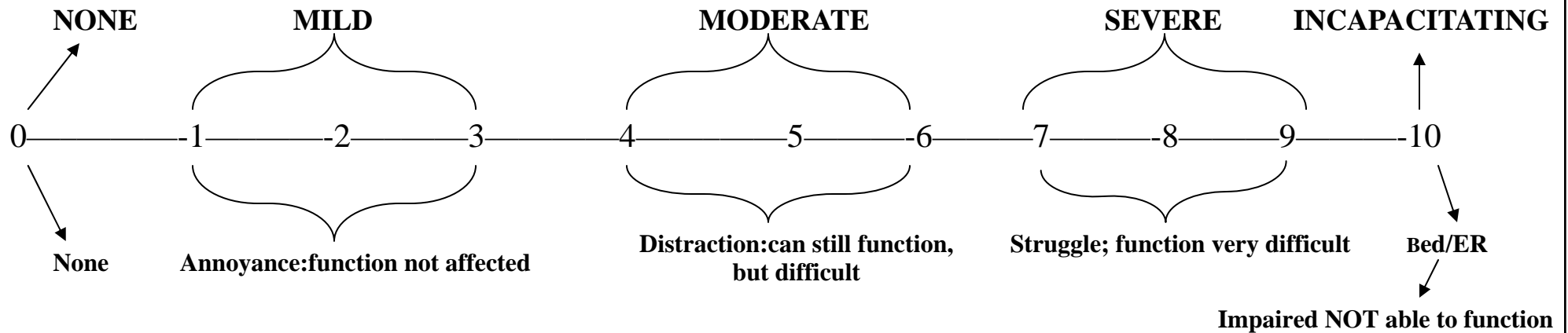


HEADACHE LOG INSTRUCTIONS

- Record severity of the headache based on maximal severity and according to pain scale below; if the severity changes significantly, record both average and maximum severity.



- Record total duration of the headache.
- Record either on the log (or on the back of the Log) any **trigger** for the headache. **Put a P on each day of menstrual periods.**
- Record medications you took to treat the headache (not medications you take daily regardless of the headaches), show abbreviations for your medications (for example, S=Sumatriptan)
- Circle **other symptoms** that accompany the headache if you had **N** (nausea), **V** (vomiting), **SL** (sens to light), **SS** (sens to sound), **mb** (neck muscle pain before headache), **md** (muscle pain during headache), **ma** (muscle pain after headache).

1	2	3	
4		N V SL SS	
5			
mb md ma			

Box # 1 Date

Box # 2 Severity of pain (1-10 pain scale)

Box # 3 Duration of the pain?

Box # 4 What triggered your headache?

Box # 5 What medications did you take?