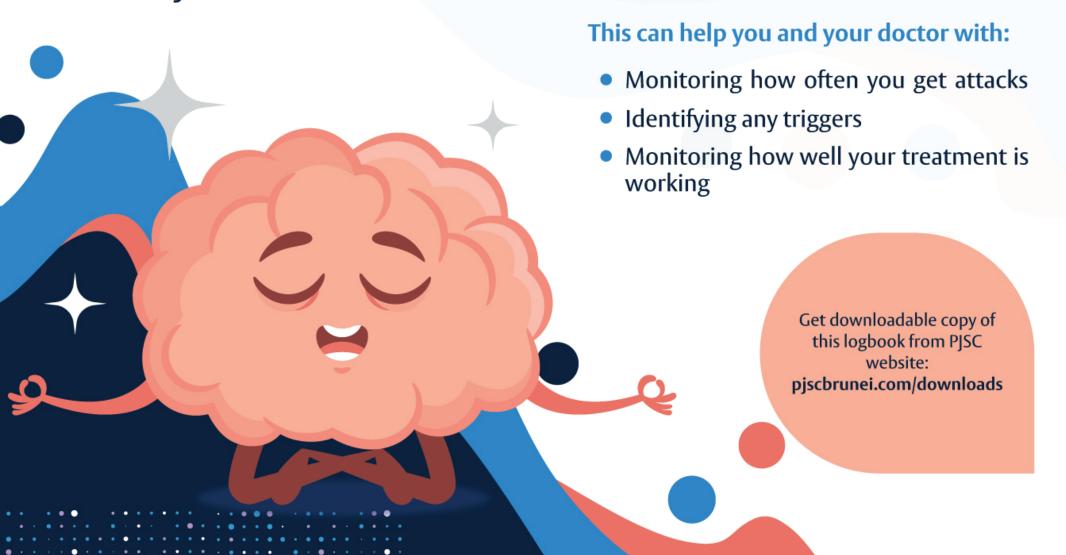
## HEADACHE DIARY



A headache diary is useful for tracking your headache attacks, your symptoms and the medications/treatment that you take.



DATE	DAY	DURATION	SEVERITY (1-10)	OTHER SYMPTOMS  (D = Dizziness, V = Vertigo, L = Light sensitivity, S = Sound sensitivity, M = Movement sensitivity)	ACUTE/RESCUE MEDICATION (e.g. paracetamol, ibuprofen, triptans, anti-sickness, etc.)	COMMENTS  (e.g. triggers, menstruation, changes in medication, side effects)

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