

2-Month Headache Diary

DOWNLOAD on www.migrainecanada.org.
Prefer an **APP**? See migrainetracker.ca



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	T
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Notes																																

Total # of days with any acute medication intake

of days for each HA severity

0	1	2	3	Tot

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LEGEND:

Headache severity scale:

0 = headache free
1 = mild, can function
2 = moderate, slowed
3 = severe cannot function
* = miss work or personal activity

Effectiveness of acute tx:

S = success
P = partial benefit
F = failure
R = recurrence of HA
E = side effects

Tx: treatment