

Headache diary

Name:

Date:

Questions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep How many hours? How well did you sleep? Time you got up?	Hours: Quality: Got up:	Hours: Quality: Got up:	Hours: Quality: Got up:	Hours: Quality: Got up:	Hours: Quality: Got up:	Hours: Quality: Got up:	Hours: Quality: Got up:
Headache – when, type of pain, location, describe it, any other comments?	Start: Type: Describe:	Start: Type: Describe:	Start: Type: Describe:	Start: Type: Describe:	Start: Type: Describe:	Start: Type: Describe:	Start: Type: Describe:
Pain level – how bad? (Scale 1 - 10)							
Headache – how long?							
Activity levels (how many minutes of physical activity did you do today? Type?)							
Regular meals – breakfast, lunch and dinner. (See notes 1 & 2)	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:	Breakfast: Lunch: Dinner: Snacks:
Medications , supplements, etc.							
Alcohol & caffeine (How many of each?) (See note 3)	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:
Stress levels for day (1 = high, 5 = low)							
Feelings – happy, sad, angry, anxious, depressed?							
Any other comments, possible triggers?							

Note 1: Meals – Score 0 if skipped meal, 1 = unhealthy meal eg high fat, sugar or takeaways through to 5 = health meal, small portions, fruit/veg, little processed foods

Note 2: Snacks – Score 1 = unhealthy snacks (eg biscuits, cake, chips, fizz); Score 2 = excess snacks; Score 3 = reasonable snacks; Score 4 = healthy snacks; Score 5 = no snacks

Note 3: Alcohol – Record in units. One unit = 10g of alcohol = 100ml of wine, 330ml of beer, etc. More at www.alcohol.org.nz/alcohol-you/whats-standard-drink

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