

# Headache Diary

Name:

Dates:

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sleep</b> 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:
<b>Headache</b> – 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:
<b>Pain Level</b> - how bad? (Scale 1 -10)							
<b>Headache</b> – how long?							
<b>Activity levels</b> (how many minutes physical activity did you do today? Type?)							
<b>Regular meals</b> – breakfast, lunch, dinner (See notes 1 & 2)	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:
<b>Medications, supplements, etc</b>							
<b>Alcohol &amp; Caffeine</b> (How many of each?) (See Note 3)	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:
<b>Stress levels</b> for day (1 = high, 5 = low)							
<b>Feelings</b> - happy, sad, angry, anxious, depressed?							
<b>Any other comments, possible triggers?</b>							

**Note 1 - Meals** – Score 0 if skipped meal, 1 = unhealthy meal eg high fat, sugar or takeaways through to 5 = healthy 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; 4 = healthy snacks; 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](http://www.alcohol.org.nz/alcohol-you/whats-standard-drink)

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