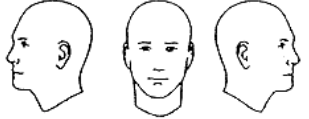
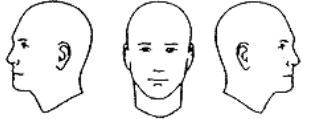
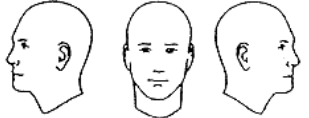
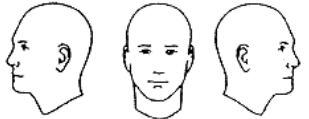
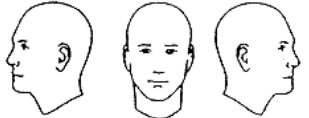
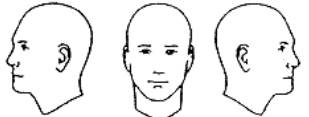
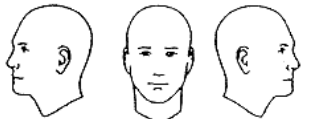
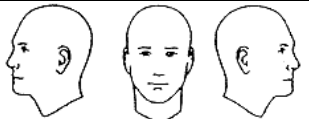
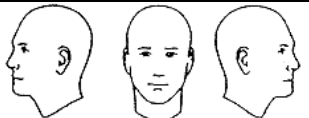


Headache Diary

Name: _____

Date/ Time of Day	How long did The pain last?	Where did you feel the pain? (Please indicate on diagrams.)	How did the pain feel? (Examples: throbbing, stabbing, dull, sharp)	What may have triggered your headache? (See list of possible headaches triggers.)	Method of relief
					
					
					
					
					
					
					
					
					

Common Headache Triggers

Many headaches are caused by outside factors, sometimes known as triggers. The following list contains some of the more common headaches triggers. Please read it carefully. It may help to increase your awareness of the foods you eat or the amount of sleep you get to uncover triggers of your own headaches. Please list anything that you suspect may be triggering or contributing to your headaches on your headache diary.

Dietary:

- Foods or beverages containing caffeine
- Chocolate
- Aged cheese
- Alcohol
- Hot dogs or bacon containing nitrites (a preservative)
- Foods containing monosodium glutamate (MSG), such as Chinese food
- Ice cream
- Skipping meals

Sleep:

- Too much
- Too little
- Napping

Hormonal:

- Menstruation
- Birth control pills

Emotional:

- Stress
- Anxiety

Environmental:

- Bright light
- Weather changes