

Working to relieve the pressure!

Keeping a diary can be a useful way of monitoring and identifying different triggers to your headaches. They also are sometimes useful to have when you attend your appointments with your Neuro team or GP. Please feel free to download and use this diary as many times as you wish.

Date :	Start Time :	End Time:
Was there a warning sign?	Yes/ No - If so what :	
How bad is the pain on a scale of 1 – 10 ? (Low) 1 2 3 4 5 6 7 8 9 10 (High)		
Did you use any treatment?	Yes/ No - If so what ?	
How affective was the treatment?		
What were you doing when the headache started?		
What have you eaten today?		
What is the current weather? (Atmospheric pressure)		
Any other details:		

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