



# Headache Diary

This diary will give you a snapshot of your headaches and how you're doing with treatment. Use it to partner with your doctor to help you feel better.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total weekly headaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Total monthly headaches</b>							

Use this calendar to record the time of your headache, medications taken, level of pain, and if you got relief.

Example:

Wednesday
1:00–2:00 p.m., moderate pain, Tylenol (325 mg), got relief <input checked="" type="checkbox"/>

Note anything that triggers your headaches.

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Describe symptoms before and during your headaches.

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## HEALTH EDUCATION

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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