

**ROCKFORD NEUROSCIENCE CENTER
HEADACHE DIARY**

Patient's Name:					Date Started:			
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Date of Headache	Time Started	Time Stopped	Headache Intensity	Medication(s) Taken	Intensity After Meds	Emotional Stress Triggers	Physical Triggers	Food and Drink Triggers

<p>Headache Intensity 1: Mild 2: Moderate 3: Severe</p>	<p>Emotional Stress Triggers 1: Family or friends 2: Work 3: Social life 4: Financial difficulties 5: Relaxation after stress 6: Other</p>	<p>3: Oversleeping 4: Bright/flashing lights 5: Sun or glare 6: Loud Noise 7: Strong smells 8: Heat/high humidity 9: Menstruation 10: Exercise or labor 11: High altitude 12: Travel 13: Vacation 14: Weekend</p>	<p>15: Other</p> <p>Food and Drink Triggers 1: Missing a meal 2: Chocolate 3: Cheese 4: Citrus Fruit 5: MSG 6: Hot dogs or cured meat 7: Alcohol or beer 8: Wine 9: Other</p>
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