Four-week headache diary

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Fill in one line every day, including days with no headache. A few words are enough.
A migraine-type day means a throbbing or one-sided pain, with nausea, or with light or sound bothering you.

Name _____ Start date _____

Day	Date	Headache?	Migraine-type?	Worst pain 0-10	What I took for it	Notes (period, sleep, work)
1		Yes / No	Yes / No			
2		Yes / No	Yes / No			
3		Yes / No	Yes / No			
4		Yes / No	Yes / No			
5		Yes / No	Yes / No			
6		Yes / No	Yes / No			
7		Yes / No	Yes / No			
8		Yes / No	Yes / No			
9		Yes / No	Yes / No			
10		Yes / No	Yes / No			
11		Yes / No	Yes / No			
12		Yes / No	Yes / No			
13		Yes / No	Yes / No			
14		Yes / No	Yes / No			
15		Yes / No	Yes / No			
16		Yes / No	Yes / No			
17		Yes / No	Yes / No			
18		Yes / No	Yes / No			
19		Yes / No	Yes / No			
20		Yes / No	Yes / No			
21		Yes / No	Yes / No			
22		Yes / No	Yes / No			
23		Yes / No	Yes / No			
24		Yes / No	Yes / No			
25		Yes / No	Yes / No			
26		Yes / No	Yes / No			
27		Yes / No	Yes / No			
28		Yes / No	Yes / No			

Totals for the four weeks

☐ Headache days ☐ Migraine-type days ☐ Painkiller days ☐ Triptan days

Medicines I have tried to prevent migraine

(daily tablets or injections, not painkillers)

Name	Dose	How long I took it	Why it was stopped

Take this to your appointment. NHS headache clinics ask for the same record.

A sudden severe headache, or a headache with weakness, confusion, fever or loss of vision, needs urgent medical help: call 999 or 111.