

2014 Headache Diary

Patient's name:

Mark medication changes below each month

January

M	T	W	T	F	S	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Total:

February

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Total:

March

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Total:

April

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Total:

May

M	T	W	T	F	S	S
					1	2
			3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Total:

June

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Total:

July

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Total:

August

M	T	W	T	F	S	S
					1	2
					3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Total:

September

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Total:

October

M	T	W	T	F	S	S
					1	2
			3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Total:

November

M	T	W	T	F	S	S
					1	2
					3	4
5	6	7	8	9		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Total:

December

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Total:

Instructions

- Headaches starting during sleep should be marked with a square. So if you wake up with headache on 2nd but went to sleep without one, mark as 2
 - If headache starts while you are awake mark the date with a circle. eg 11
 - If the headache goes in less than 1½ hours strike out day. eg 8 or ~~16~~
 - Mark with * date of any change in medication and add detail in space beneath the month. eg 26*
 - Underline period days. eg 17, 18, 19, ...
 - If a headache lasts more than one day, eg 4 days, mark as follows: eg 4 5 6 7
 - Mark any warning you have of an attack before you go to sleep. eg 13^w
 - If you have a lesser headache mark as 14°. If aborted less than 1½ hr, mark as 28[♣]
- This diary is available from the Patient Resources section at www.aspenpharma.com.au

SAMPLE CALENDAR

M	T	W	T	F	S	S
	<input type="checkbox"/> 2	3	<input type="checkbox"/> 4	5	6	7
<input type="checkbox"/> 8	9	10	<input type="checkbox"/> 11	12	13 ^w	14 [°]
15	<input type="checkbox"/> 16	17	18	19	20	21
22	23 ^w	24	25	26*	27	28 [♣]
29	30	31				

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