

# HEADACHE DIARY





@musiccityprimarycare





Date: \_\_\_\_\_ Began: \_\_\_\_\_ Ended: \_\_\_\_\_ Characteristic:

Pain level: 0 1 2 3 4 5 6 7 8 9 10  Dull  Throbbing  One-sided

Aching  Stabbing  Bilateral

Hydration:

 very dehydrated  dehydrated  hydrated  very hydrated

Sleep:  0-3 hr  4-6 hr  7-9 hr  10+ hr

Associated symptoms:





- Nausea
- Vomiting
- Sensitivity to light
- Sensitivity to sound
- Numbness and tingling
- Neck stiffness
- Flashing lights
- Zig zag lines
- Changes in vision
- Other: \_\_\_\_\_





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