Headache Diary http://www.headache-adviser.com

Impact on lifestyle ratings: none, mild, severe, totally disabled

Intensity ratings: mild, moderate, severe, very severe Triggers: stress, weather, food, menses, sleep changes, air flights

Date	Time	Impact	Intensity	Medications Taken	Dosage	Time to Relief	Triggers	Comments

NOTICE: The information on this website is for educational purposes and is NOT intended to take the place of personal medical care. See your doctor for medical care involving headaches.

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