

A headache diary consists of tracking the following information:

Date	Time <i>(start/finish)</i>	Intensity <i>rate 1-10</i> <i>(most severe</i> <i>being 10)</i>	Preceding Symptoms	Triggers	Medication <i>(and dosage)</i>	Relief <i>(complete/</i> <i>moderate/</i> <i>none)</i>

For more information about headache causes and treatments, visit the NHF web site at www.headaches.org or call 888-NHF-5552.