










HEADACHE DIARY

Month:	Day of Month	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	
	RED																																
	YELLOW																																
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LEGEND:

- RED:** Severe headache, **impairing** ability to function- Not able to go to school, play, or do enjoyable activities. **Need to lay down and rest.**
- YELLOW:** Moderate headache, **not impairing** ability to function- Able to go to school, do work, and activities- but **with noticeable discomfort.**
- GREEN:** Mild headache, **not impairing** ability to function- Might not have mentioned it without diary. **No limitation to activities**, but pain is present.
- No Headache:** No headache

ACUTE MEDICATION USAGE

Symbol	Medication name, Dosage and Route	Symbol	Medication name, Dosage and Route
Eg: "N"	Naproxen 500mg, by mouth		