

Foothills Neurology Headache Diary

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Name: _____

Month of: _____

Severity Scale

- 0 -- Headache-free
- 1 -- Mild headache, allowing normal activity
- 2 -- Moderate headache, disturbing but not preventing normal activity
- 3 -- Severe headache, normal activity is impossible. Bed rest may be necessary

Relief Measures

- 1. Ice pack
- 2. Bed rest
- 3. Dark room
- 4. Medication (list name and dosage)
- 5. Relaxation techniques
- 6. Other (please specify)

Headache Triggers

- 1. Alcohol
- 2. Chocolate
- 3. Aged cheese
- 4. Citrus fruits
- 5. Cured meats
- 6. MSG
- 7. NutraSweet
- 8. Skipped meals
- 9. Nuts
- 10. Onions
- 11. Stress
- 12. Fatigue

(Women should circle dates of menstrual flow)

Date/Time	Severity (0 - 3)	Relief Measures	Duration	Headache Triggers

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