

A headache diary consists of tracking the following information:

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

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