Three-Month Headache Diary

Use this free headache diary to track the frequency, duration, and severity of your headaches while taking HeadacheFree multivitamin. Most HeadacheFree users notice an appreciable reduction in the occurrence and intensity of headache symptoms after using this product for just 90 days.

This three-month diary is not only a great way to track your progress with HeadacheFree, it can also help you identify your personal triggers and record valuable information your doctor needs to help diagnose and treat your headaches in the future.

We've created a key (left) to help you easily describe the type of pain you're experiencing as well as any corresponding triggers or symptoms you may have noticed.

Print additional copies if needed to record all headache activity for a full 90 days.

Severity Scale

1. **Mild** (capable of carrying on normal activity)
2. **Moderate** (disturbing, but not preventing normal activity)
3. **Severe** (debilitating, normal activity is impossible, bed rest may be necessary)

Pain Descriptors

- Throbbing
- Steady and constant
- Pounding
- Stabbing
- Splitting

Possible Triggers

- Alcohol
- Chocolate
- Aged cheese
- Citrus fruits
- Cured meats
- MSG
- Artificial sweeteners
- Skipped meals
- Nuts
- Onions
- Salty foods
- Excess caffeine
- Stress
- Fatigue
- Medication
- Eyestrain or other visual triggers
- Menstruation
- Weather changes
- Loud noises
- Emotions
- Physical exertion

Symptoms Preceding Attack

- Fatigue
- Yawning
- Excitability
- High energy
- Visual disturbances (flashes or sparks of light, wavy lines, blind spots)
- Nasal congestion

Treatment

- Ice pack
- Bed rest
- Dark room
- Medication (list name and dosage)
- Relaxation techniques
- Other (explain)

Date/Time	Duration	Severity (scale 1-3)	Describe Pain (Type and location)	Possible Triggers	Symptoms (Preceding attack)	Treatment/Effectiveness