Headache & Migraine Diary

Impact ratings: Assess on a scale of 1 – 10, with 10 being the highest, the impact on your ability to carry on with daily tasks.
Intensity ratings: Assess your pain level on a scale of 1 – 10.

Date	Time	Impact	Intensity	Medications Taken	Dosage	Time to Relief	Trigger(s)	Comments

from "Living Well With Migraine Disease and Headaches" · courtesy of www.MyMigraineConnection.com

© Teri Robert, 2004 - 2007