# Headache Diary

| Date & time started | Severity | Headache Triggers | Relief Measures  
|---------------------|----------|-------------------|------------------|
Severity Scale:
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

Please also answer "what were you able to do during the headache?"

Headache Triggers
1. Unwell with something else (eg flu) 11. Skipped meals
2. Fatigue 12. Nuts
3. Exercise 13. Onions
5. Sun glare 15. Excess caffeine
7. Citrus fruits 17. Missed medication
8. Cured meats 18. Other:
9. MSG 19. Other:
10. NutraSweet

Relief Measures
1. Ice pack
2. Bed rest
3. Dark room
4. Paracetemol
5. Other medication:
6. Other medication:
7. Relaxation techniques
8. Other (please specify):