New England Regional Headache Center
In the end, only kindness matters.

HEADACHE AND MEDICATION LOG

NAME:_____ MONTHS: _____ YEAR:_____

	DATE:																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
HEADACHE INTENSITY																															
Life-threatening pain	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Excruciating pain (ER visit)	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
Brutal pain (100% bedrest)	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Severe pain (partial bedrest)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Moderately severe pain	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Moderate pain	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Light moderate pain	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Mild pain	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Very mild pain	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Light pressure or aura only	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
No pain at all	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LENGTH OF HEADACHE(hours)																															
DISABILITY LEVEL																															
Trip to ER/MD office for Rx	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Bedrest required	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Severely impaired functioning	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Mildly impaired functioning	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Normal work & function	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ASSOCIATED SYMPTOMS																															
Sensitive to lights	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts	lgts
Sensitive to sounds	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd	snd
Nausea	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau	nau
Vomiting	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom	vom
Headache on 1/2 head	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Headache on both sides	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both	both
Throbbing headache	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg	thbg
Steady (tight) headache	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy	stdy
Worse with movement	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt	mvt
Migraine aura: visual	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis	vis
Migr aura: neurological	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur	neur
Menstrual period	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men	men
Other (write in comments)	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr	othr

RESCUE MEDICATIONS TAKEN FOR HEADACHE PAIN