



IPA MANHATTAN
PHYSICAL THERAPY

h e a d a c h e d i a r y

Diaries can be a useful tool to identify triggers, to keep track of your headaches, and to help your health care provider better understand your headaches. The headache diary also helps monitor changes in headache frequency and severity. An online headache diary is available at: www.achenet.org/your/diary1.php

headache	date:	time started:	time ended:
	warning signs:		
pain	type of pain: (e.g. <i>piercing, throbbing, etc.</i>)		
	intensity of pain: (circle one) (low) 1 2 3 4 5 6 7 8 9 (high)		
	location: (e.g. <i>between eyes, back of head, etc.</i>)		
treatment	treatment of medication taken:		
	effect of treatment:		
circumstances	hours of sleep:		
	what i ate today:		
	events prior to headache: (e.g. <i>strenuous activity, elevated stress, etc.</i>)		
comments			
headache	date:	time started:	time ended:
	warning signs:		
pain	type of pain: (e.g. <i>piercing, throbbing, etc.</i>)		
	intensity of pain: (circle one) (low) 1 2 3 4 5 6 7 8 9 (high)		
	location: (e.g. <i>between eyes, back of head, etc.</i>)		
treatment	treatment of medication taken:		
	effect of treatment:		
instances	hours of sleep:		
	what i ate today:		

events prior to headache: (e.g. *strenuous activity, elevated stress, etc.*)

comments