NATIONAL HEADACHE FOUNDATION

A headache diary consists of tracking the following information:

DATE	TIME (start/finish)	INTENSITY rate 1-10 (most severe being 10)	PRECEDING SYMPTOMS	TRIGGERS	MEDICATION (and dosage)	RELIEF (complete/moderate/none)

For more information about headache causes and treatments, visit the NHF web site at www.headaches.org or call 888-NHF-5552.