



Headache Log

Please call the office immediately if any of these occur:

- Headaches are getting more severe
- Any sudden change in vision
- You are experiencing nausea and/or vomiting with a headache
- Wake up with a headache
- Headaches are waking you up from sleeping at night or in the morning
- Headaches get worse when body position changes, with a cough, or while doing any strenuous activity

Date	Day	Time	Intensity, 10=highest										Other symptoms	Triggers	Medication taken	Effect of medication	
			1	2	3	4	5	6	7	8	9	10					
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