



The Michigan Headache and Neurology Clinic

Headache Diary

Name _____

Month _____

Day of month	Time when headache started	Duration in hrs	Grade (1-5)	Triggered by	Relieved by med, etc.	Sleep (good/bad)	Menses start/stop
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							

Pain grading scale

Please use as whole numbers, no fractions or decimals! (Link to video at www.TheHeadacheSituation.com for explanation)

Grade 1: Mild pain, does not need treatment

Grade 2: Pain requires intervention but does not curtail activities

Grade 3: Pain is disruptive, you are not working at full ability but still functioning somewhat

Grade 4: Unable to carry on daily activities because of pain or nausea

Grade 5: Unable to do anything other than lie in bed