

2019 Headache Diary

Name:

Mark medication changes below each month

January

M	T	W	T	F	S	S
	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			

Totals:

February

M	T	W	T	F	S	S
				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			

Totals:

March

M	T	W	T	F	S	S
				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

Totals:

April

M	T	W	T	F	S	S
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					

Totals:

May

M	T	W	T	F	S	S
			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	

Totals:

June

M	T	W	T	F	S	S
					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

Totals:

July

M	T	W	T	F	S	S
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				

Totals:

August

M	T	W	T	F	S	S
			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	

Totals:

September

M	T	W	T	F	S	S
						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						

Totals:

October

M	T	W	T	F	S	S
			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	

Totals:

November

M	T	W	T	F	S	S
				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	

Totals:

December

M	T	W	T	F	S	S
						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					

Totals:

Instructions

- Headache commenced during sleep should be marked with a square. eg $\boxed{2^{nd}}$
- If headache starts whilst you are awake mark the date with a circle. eg $\textcircled{11^{th}}$
- If the headache resolves in less than 1½ hrs strike out the day. eg $\textcircled{\cancel{8^{th}}}$ or $\textcircled{\cancel{16^{th}}}$
- Mark with * date of any change in headache medication and add detail in space beneath the month. eg 26^{th*}
- For females who menstruate, please underline your period days. eg 17th, 18th, 19th, 20th, 21st
- If the headache lasts more than one day, please mark as follows. eg $\textcircled{4^{th}, 5^{th}, 6^{th}, 7^{th}}$
- Any warning symptoms of an attack before retiring to bed mark with a 'W'. eg 23rdW
- If you have a lesser headache mark as 14th and if this disappears within 1½ hrs mark as eg 14th↘

There is a short Video on how to complete this diary by Prof Paul Spira and more diaries are available from the Patient Resources section at www.aspenpharma.com.au

SAMPLE CALENDAR

M	T	W	T	F	S	S
1	$\boxed{2}$	3	$\textcircled{4}$	5	6	7
$\textcircled{\cancel{8}}$	9	10	$\textcircled{11}$	12	13 ^W	14 [*]
15	$\boxed{16}$	17	18	19	20	21
22	23 ^W	24	25	26 [*]	27	28 [*]
29	30	31				

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Disclaimer: Provision of the headache diary by Aspen Pharmacare staff in no way endorses use of any product but is provided as a service to the medical profession

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PROPHYLACTIC MEDICATIONS TO TRY	FAILED PROPHYLACTIC MEDICATIONS	ACUTE PHASE THERAPIES	INSTRUCTIONS	
1.	1.			
2.	2.			
3.	3.			
4.	4.			
5.	5.			
6.	6.			
7.	7.			
8.	8.			
9.	9.			
10.	10.			
11.	11.			
12.	12.			
13.	13.			
14.	14.			
15.	15.			
16.	16.			
17.	17.			
18.	18.			

TO BE COMPLETED BY DOCTOR