

Headache Diary

| Date: Nov. 27, 2024 | Date: Nov 28, 2024 | Date: Nov 29, 2024 | Date: Nov 30, 2024 | Date: Dec. 1, 2024 | Date: Dec. 2, 2024 | Date: Dec. 3, 2024 |
|--|---|--|---|--|---|--|
| Time/s: | Time/s: | Time/s: | Time/s: | Time/s: | Time/s: | Time/s: |
| <i>Please indicate start and end times, location, and severity for each instance; see the legend at the bottom for severity.</i> | | | | | | |
| Started 8 am and ended around 10. Hurt at the forehead and temples Severity 2? | Lasted from 2 to until end of school day, right side of head. Severity 3, I missed PE class. Pain worsened when running | From 6 until 7 pm. Pain was behind eyes, mostly a dull ache. I could still do chores | From 9 to 10 pm, pulsing pain around left temple. It made it hard to do homework but I finished | From 3 to 5 pm, pain was around the back of the head after soccer practice. Had to skip the rest of the school day | From 7 to 7:30 am, right temple. It wasn't too bad, just felt it when I woke up | From 2 to 4 pm, on the forehead. It really slowed me down |
| Symptoms: | Symptoms: | Symptoms: | Symptoms: | Symptoms: | Symptoms: | Symptoms: |
| Light sensitivity Mild nausea | Throbbing pain Eye strain | Slight pressure behind eyes Mild fatigue | Sensitivity to noise | Dull throbbing Neck stiffness | Slight tension Dry eyes | Feeling of tight band around head Mild dizziness |
| Treatment/ Medication: | Treatment/ Medication: | Treatment/ Medication: | Treatment/ Medication: | Treatment/ Medication: | Treatment/ Medication: | Treatment/ Medication: |
| <i>Please indicate effectiveness using the legend at the bottom.</i> | | | | | | |
| Took 1 ibuprofen at 8:15, partial. Headache reduced, but not gone | Dark, quiet room for 30 min; no medication. Didn't work, mom took me home | Had dinner and drank water; pain disappeared soon after | Took a warm shower, tried relaxation exercises, pain went down a bit | Ibuprofen at around 3:30? I napped too. It worked, when I woke up at 5 it was gone | No meds, I just drank water. It disappeared on it own | Took a short walk, used a cold compress. It became better but not completely |

Legend

| Severity | | Treatment/Medication effectiveness | |
|----------|---|------------------------------------|---|
| 1 | Mild; can still function | S | Success; eliminated headache |
| 2 | Moderate; impaired or slow function | P | Partial success; reduced headache symptoms |
| 3 | Severe; unable to function. Add an asterisk to indicate missing school/work/personal activity | F | Failure; ineffective |
| | | E | Side effects; can be combined with other indicators |