

Headache Diary

Name: Will Graham

Age: 38

Date: December 22, 2023

Log Number: 01

Headache Occurrences

Date: December 20, 2023

Time Started: 9:03 PM

Time Ended: Next morning

Description:

Incredible pain, like someone stabbed my head with a white-hot knife, pulsating

Intensity of Pain

- Mild
- Moderate
- Severe

Location

- Front
- Back
- Left Side
- Right Side
- All Over

Symptoms Accompanying Headache

- Nausea
- Vomiting
- Light Sensitivity
- Sound Sensitivity
- Dizziness
- Blurry Vision

Others: _____

Potential Triggers

Lack of Sleep

Stress

Missed Meal

Alcohol Consumption

Caffeine Consumption

Weather Changes

Others: I think I have another illness causing this _____

Medication Taken, Time, and Dosage

Tylenol, Around 9:30 PM, 600 mg

Relief

Complete

Partial

None

Additional Notes, Observations, and Recommendations

Consider consulting a specialist if headaches persist, note sleeping patterns

Log Number: 2

Headache Occurrences

Date: December 25, 2023

Time Started: 11 AM

Time Ended: Lasted until bedtime

Description:
Woke up with a headache

Intensity of Pain

- Mild
- Moderate
- Severe

Location

- Front
- Back
- Left Side
- Right Side
- All Over

Symptoms Accompanying Headache

- Nausea
- Vomiting
- Light Sensitivity
- Sound Sensitivity
- Dizziness
- Blurry Vision
- Others: _____

Potential Triggers

- Lack of Sleep
- Stress

Missed Meal

Alcohol Consumption

Caffeine Consumption

Weather Changes

Others: We had a party the previous night

Medication Taken, Time, and Dosage

Tylenol, 600 mg, taken at 12 noon and 6 PM and 11 PM before bed

Relief

Complete

Partial

None

Additional Notes, Observations, and Recommendations