

2022 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
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
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
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
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
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
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
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
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

- Onset when awake ☐ eg. 11. Onset when asleep ☐ eg. 2.
- Headache lasting more than one day mark as follows eg. 4, 5, 6, 7
- Strike out headache resolving < 1½ hrs eg. 8 or 16
- Underline dates of your period eg. 17, 18, 19, 20, 21
- Lesser headache days mark as 14°. If this resolves < 1½ hrs mark as 28°.
- If disabled by Headache Episode > 2hrs mark with a red X eg. 30^x.
- If warning symptoms before retiring to bed mark with a 'W'. eg 23^w
- Mark day with * of medication change. Detail in space beneath the month eg. 26*

SAMPLE CALENDAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13 ^w	14°
15	16	17	18	19	20	21
22	23 ^w	24	25	26*	27	28°
29	30 ^x	31				

For more information and resources, please visit: www.aspenpharma.com.au/resources-tools/