

Headache Diary									
Date	Time	Weather	Duration	Intensity¹	Location²	Treatment	Effective	Triggers	Notes³

Organization for Understanding
Cluster Headaches

<http://www.ouch-us.org>

Instructions: Please complete an entry for each headache.
 1. Intensity on a scale of 0 – 10 with 10 being the worst pain you have ever felt in your life.
 2. Location of the pain
 3. Note anything special or different about this headache and/or any other relevant information.

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