	_	Headache Diary								
Date	Time	Weather	Duration	Intensity ¹	Location ²	Treatment	Effective	Triggers	Notes ³	
),C;†	•	ation for U nde Headaches		1. Intensit 2. Locatio	n of the pain	0 with 10 being	g the worst pain you h	nave ever felt in your life. ny other relevant information	

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