NATIONAL HEADACHE FOUNDATION

A headache diary consists of tracking the following information:

Date	Time *(start/finish)*	Intensity *rate 1-10 (most severe being 10)*	Preceding Symptoms	Triggers	Medication *(and dosage)*	Relief *(complete/ moderate/ none)*

For more information about headache causes and treatments, visit the NHF web site at *www.headaches.org* or call 888-NHF-5552.

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