

HEADACHE CALENDAR

MY HEADACHE MEDICATION INCL. DOSAGE IN MG

MONTH YEAR

A	D
B	E
C	F

DAY	SEVERITY	TIME	PAIN					TREATMENT						ACCOMPANYING SYMPTOMS						
			CAUSE*					RIGHT SIDE	LEFT SIDE	FRONT	DIFFUSED	MEDICATION AND QUANTITY						EFFECT	SYMPTOMS	SLEEP QUALITY
1.		until	1	2	3	4	5					A	B	C	D	E	F			
2.		until	1	2	3	4	5					A	B	C	D	E	F			
3.		until	1	2	3	4	5					A	B	C	D	E	F			
4.		until	1	2	3	4	5					A	B	C	D	E	F			
5.		until	1	2	3	4	5					A	B	C	D	E	F			
6.		until	1	2	3	4	5					A	B	C	D	E	F			
7.		until	1	2	3	4	5					A	B	C	D	E	F			
8.		until	1	2	3	4	5					A	B	C	D	E	F			
9.		until	1	2	3	4	5					A	B	C	D	E	F			
10.		until	1	2	3	4	5					A	B	C	D	E	F			
11.		until	1	2	3	4	5					A	B	C	D	E	F			
12.		until	1	2	3	4	5					A	B	C	D	E	F			
13.		until	1	2	3	4	5					A	B	C	D	E	F			
14.		until	1	2	3	4	5					A	B	C	D	E	F			
15.		until	1	2	3	4	5					A	B	C	D	E	F			
16.		until	1	2	3	4	5					A	B	C	D	E	F			
17.		until	1	2	3	4	5					A	B	C	D	E	F			
18.		until	1	2	3	4	5					A	B	C	D	E	F			
19.		until	1	2	3	4	5					A	B	C	D	E	F			
20.		until	1	2	3	4	5					A	B	C	D	E	F			
21.		until	1	2	3	4	5					A	B	C	D	E	F			
22.		until	1	2	3	4	5					A	B	C	D	E	F			
23.		until	1	2	3	4	5					A	B	C	D	E	F			
24.		until	1	2	3	4	5					A	B	C	D	E	F			
25.		until	1	2	3	4	5					A	B	C	D	E	F			
26.		until	1	2	3	4	5					A	B	C	D	E	F			
27.		until	1	2	3	4	5					A	B	C	D	E	F			
28.		until	1	2	3	4	5					A	B	C	D	E	F			
29.		until	1	2	3	4	5					A	B	C	D	E	F			
30.		until	1	2	3	4	5					A	B	C	D	E	F			
31.		until	1	2	3	4	5					A	B	C	D	E	F			

*1 = Stress, 2 = Change sleep/wake rhythm, 3 = Recovery phase, 4 = Menstruation, 5 = Other causes

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

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