HEADACHE CALENDAR

YEAR: _____

PATIENT NAME: _____

The headache calendar is used to record all episodes of headache during an entire year. This information will greatly assist your doctor in selecting the best treatment, and it may help you to identify factors in your life which worsen or improve your headache condition. Bring this calendar to each consultation with your doctor.

For your migraine attacks, indicate the severity as:
(*1. **Mild** 2 . **Medium** 3. **Severe**.)*

1) A mild attack does not inhibit work or other activities.
2) A medium attack does not inhibit work or other activities.
3) A severe attack prohibits work and/or other activities.

Be sure to also indicate how many hours the headache lasted.

For your tension –type headaches, use one or more crosses to

Indicate severity as defined above. ***X, mild XX, medium, XXX, severe.***

For attacks of cluster headache,

Use letters a, b, and c for severity as defined above: ***a, mild b, medium c, severe***

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	
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