

THE HEADACHE CENTER AT MIDWEST NEUROSCIENCE
HEADACHE CALENDAR

#1 MILD HEADACHE
 #2 MODERATE HEADACHE
 #3 INCAPACITATING

NAME _____ MONTH _____ YEAR _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
MORNING																																
AFTERNOON																																
EVENING																																
SLEEPTIME																																

MEDICATION - RELIEF 0-1-2-3 (0) - NONE (1) - SLIGHT RELIEF (2) - MODERATE RELIEF (3) - COMPLETE RELIEF

Biofeedback/ relaxation																														
Triggers (see below)																														
Periods (menstrual cycle)																														

HEADACHE TRIGGERS

Hormones

1. Menses
2. Ovulation
3. Hormone Replacement (Progesterone)

Diet

4. Alcohol
5. Chocolate
6. Aged Cheeses
7. Monosodium Glutamate (MSG)

8. Aspartame (Nutrasweet)
9. Caffeine
10. Nuts
11. Nitrites, Nitrates
12. Other

Changes

13. Weather
14. Seasons
15. Travel (Crossing Time Zone)
16. Altitude
17. Schedule Changes
18. Sleeping Patterns
19. Diet
20. Skipping or Delaying meals

Sensory Stimuli

21. Strong Light and Loud Noise
22. Flickering Lights
23. Odors

"Stress"

24. Let-Down Periods
25. Times of Intense Activity
26. Loss (Death, Separation, Divorce)
27. Moving
28. Job Loss/Change
29. Crisis
30. Other