

# 2010 Headache Diary

Mark medication changes below each month

## January

M	T	W	T	F	S	S
			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

## February

M	T	W	T	F	S	S
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

## March

M	T	W	T	F	S	S
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				

## April

M	T	W	T	F	S	S
			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		

## May

M	T	W	T	F	S	S
					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						

## June

M	T	W	T	F	S	S
			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		

## July

M	T	W	T	F	S	S
			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	

## August

M	T	W	T	F	S	S
						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					

## September

M	T	W	T	F	S	S
			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		

## October

M	T	W	T	F	S	S
				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

## November

M	T	W	T	F	S	S
					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

## December

M	T	W	T	F	S	S
					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						

## Instructions

- Headaches starting during sleep should be marked with a square. So if you wake up with headache on 2nd but went to sleep without one, mark as 2.
- If headache starts while you are awake mark the date with a circle. eg 11
- If the headache goes in less than 1½ hours strike out day. eg 8 or ~~16~~
- Mark with \* date of any change in medication and add detail in space beneath the month. eg 26\*
- Underline period days. eg 17, 18, 19, ...
- If a headache lasts more than one day, eg 4 days, mark as follows: eg 4 5 6 7
- Mark any warning you have of an attack before you go to sleep. eg 13<sup>w</sup>
- If you have a lesser headache mark as 14°.

This diary is available from the Patient Resources section at [www.aspenpharma.com.au](http://www.aspenpharma.com.au)

## SAMPLE CALENDAR

M	T	W	T	F	S	S
	<span style="border: 1px solid black; padding: 0 2px;">2</span>	3	<span style="border: 1px solid black; border-radius: 50%; padding: 0 2px;">4</span>	5	6	7
<span style="border: 1px solid black; border-radius: 50%; padding: 0 2px;">8</span>	9	10	<span style="border: 1px solid black; border-radius: 50%; padding: 0 2px;">11</span>	12	13 <sup>w</sup>	14°
15	<span style="border: 1px solid black; padding: 0 2px;">16</span>	17	18	19	20	21
22	23 <sup>w</sup>	24	25	26*	27	28
29	30	31				

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Disclaimer: Provision of the headache diary by Aspen Pharmacare staff in no way endorses use of any product but is provided as a service to the medical profession

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<b>PROPHYLATIC MEDICATIONS TO TRY</b>	<b>FAILED PROPHYLATIC MEDICATIONS</b>	<b>ACUTE PHASE THERAPIES</b>	<b>INSTRUCTIONS</b>	
1.	1.			
2.	2.			
3.	3.			
4.	4.			
5.	5.			
6.	6.			
7.	7.			
8.	8.			
9.	9.			
10.	10.			
11.	11.			
12.	12.			
13.	13.			
14.	14.			
15.	15.			
16.	16.			
17.	17.			
18.	18.			