

2012 Headache Diary

Patient's name:

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					

Total:

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	29				

Total:

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		

Total:

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						

Total:

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							

Total:

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					

Total:

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					

Total:

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		

Total:

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

Total:

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				

Total:

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						

Total:

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										

Total:

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^w
- If you have a lesser headache mark as 14°.

This diary is available from the Patient Resources section at www.aspenpharma.com.au

SAMPLE CALENDAR

M	T	W	T	F	S	S
1	<input type="checkbox"/> 2	3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
<input type="checkbox"/> 8	9	10	<input type="checkbox"/> 11	12	13 ^w	14°
15	<input type="checkbox"/> 16	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
22	23 ^w	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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PROPHYLATIC MEDICATIONS TO TRY	FAILED PROPHYLATIC MEDICATIONS	ACUTE PHASE THERAPIES	INSTRUCTIONS	
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.			