

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
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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