



# The TBI Consultant, LLC

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Free Bonus Gift #2

## HEADACHE DIARY

Make 10 copies of the Headache Diary on the next page for your use (enough for 30 days of recording headache symptoms). When you feel a headache coming on, start recording your symptoms in this Headache Diary. Keeping a Headache Diary will help you recognize when a headache is coming on and what triggers your headaches. Bring your completed Headache Diary to your doctor, to help him/her diagnose the type(s) of headache(s) you are having, which will enable him/her to prescribe the correct treatment. The information provided in your Headache Diary will also help analyze whether your medication or treatment is working.

### Examples of information to include:

- Warning signs: Aura (flashes of light, blind spots), tingling/numbness of hand or face, difficulty speaking
- Other symptoms: Nausea, vomiting
- Other things tried: Going into a dark room, lying down, cold compress on forehead or ice to back of head, sleep
- Food/drink before headache started: Caffeine, diet soda, wine, chocolate, hot dogs, artificial sweeteners, aged cheese
- Did you stop or start a medication recently? Some medications may cause headaches. Or, if you stopped a medication recently and started having headaches, that medication may have been preventing headaches.
- Other comments: Anything you notice that may have triggered your headache, anything you notice that seems to accompany your headaches, or any other thought or observation that you think is connected to your headaches.

## HEADACHE DIARY

	Date:	Date:	Date:
Time HA began			
Time HA ended			
Warning signs			
Location where pain started			
Radiated to where?			
Throbbing, stabbing, constant pressure			
Intensity 1-10			
Other symptoms			
Medication/dose taken			
Did medication ↓ or stop pain?			
Other things tried			
Did they help?			
Ate/drank what recently			
Activity when HA started?			
Stress level before HA?			
Started when you sat up?			
Started when you lay down?			
Were you dehydrated?			
Sleep deprived?			
Near strong scents?			
Weather change?			
Start/stop a medication recently?			
Other comments			