



Headache Chart

Date							
Location (front, back, sides eyes, etc)							
Severity	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating	Mild Moderate Severe Incapacitating
Time of Day							
Relation to Meals							
Foods/Beverages (last 8 hours)							
Sleep (hours/night)							
Medication Given							
Duration of Headache							
Relief	slight moderate complete	slight moderate complete	slight moderate complete	slight moderate complete	slight moderate complete	slight moderate complete	slight moderate complete
Last Menstrual Period							