# Headache Diary

## Headache Keys

1. **INTENSITY**
   - 1 (mild)
   - 5 (moderate)
   - 10 (severe)

2. **HEADACHE INTENSITY AFTER MEDICATION**
   - 0 (none)
   - 1 (mild)
   - 5 (moderate)
   - 10 (severe)

3. **EMOTIONAL STRESS TRIGGERS**
   - 1-family or friends
   - 2-work
   - 3-social life
   - 4-financial difficulties
   - 5-relaxation after stress
   - 6-other

4. **PHYSICAL TRIGGERS**
   - 1-fatigue
   - 2-lack of sleep
   - 3-oversleeping
   - 4-bright/flashing lights
   - 5-sun or glare
   - 6-loud noise
   - 7-strong smells
   - 8-heat/high humidity
   - 9-menstruation
   - 10-exercise or labor
   - 11-high altitude
   - 12-travel
   - 13-vacation
   - 14-weekend
   - 15-other
   - 16-lack of rest or sleep
   - 17-poor diet
   - 18-sedentary life
   - 19-anxiety
   - 20-tension

5. **FOOD AND DRINK TRIGGERS**
   - 1-missing a meal
   - 2-chocolate
   - 3-cheese
   - 4-citrus fruits
   - 5-MSG
   - 6-hot dogs or cured meat
   - 7-alcohol or beer
   - 8-wine
   - 9-other
   - 10-good diet
   - 11-adequate rest
   - 12-regular exercise
   - 13-enough sleep
   - 14-smart eating habits

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