



Headache Toolkit:

HEADACHE DIARY

Understanding Your Headaches

Getting a correct diagnosis and the best treatment plan depends on getting a really good understanding of the nitty gritty of your headache experience. When we truly understand symptoms and patterns, it makes it easier to find the ways to help you feel better.

Date: _____

Time of day pain started: _____

What were you doing right before it started?

Time of day pain went away: _____

What did you do to help yourself feel better?

(medications (include dosage), cold pack, rest or sleep, eating, drinking, meditation, etc)

Did it help? ☐ Yes ☐ No

How much? ☐ Not at all ☐ A little bit ☐ A lot
☐ Took care of it

Did the headache interfere with anything you wanted or needed to do?

(e.g. left school early, missed an entire day of school, couldn't do homework, missed soccer practice, missed a birthday party, etc)

Other symptoms (if any) besides head pain:

(e.g. nausea, vomiting, sensitivity to light, sensitivity to sound, sensitivity to moving around-like walking or running)

What did you eat and drink today?

How many ounces of water? _____

How many hours did you sleep last night? _____

Any stressful stuff going on?

It is common for women to have headaches around their period. Is it close, before, during, or right after your period? ☐ Yes ☐ No ☐ N/A

Anything else that you think may have contributed to getting the headache?

(e.g. weather changes, allergies, changes in medications, time staring at a screen, etc)

More headaches?



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