

# Headache diary



Use this diary to track your headaches, its symptoms triggers and treatment. Please fill the diary before coming to appointment.

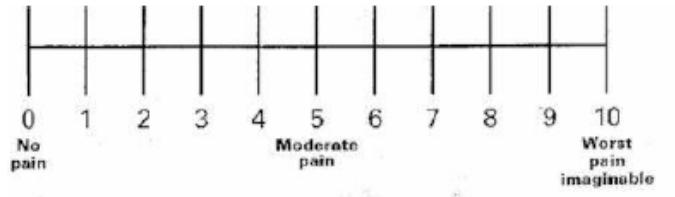
<https://drpiyushneurologist.com/>

DATE	What do you feel and where it hurts?	TIME HEADACHE BEGINS(Any triggers)	PAIN SCORE 0= No pain 10= Severe pain	MEDICATION Name and when taken	COMMENTS
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2					
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### Wong-Baker FACES Pain Rating Scale



### Pain Scale: How much does it hurt?



## HOW TO AVOID MIGRAINES

-  **1 KNOW YOUR FOOD TRIGGERS**
-  **2 EAT REGULAR MEALS**
-  **3 AVOID EXCESS CAFFEINE**
-  **4 EXERCISE REGULARLY**
-  **5 GET ENOUGH SLEEP**
-  **6 REDUCE STRESS**