

Date	Day	Headache severity			Other symptoms					Headache duration		Comments & medications used	Relief		
		Severe	Moderate	Mild	N	V	Pt	Pn	WPA	>4 hr	<4 hr		None	Mod	Good
17															
18															
19															
20															
21															
22															
23															
24															
25															
26															
27															
28															
29															
30															
31															

N = nausea, V = vomiting, Pt = sensitive to light
Pn = sensitive to noise, WPA = worse on physical activity