

BRITISH ASSOCIATION FOR THE STUDY OF HEADACHE

HEADACHE DIARY

SPECIMEN HEADACHE DIARY

Name-First/Surname

Hospital no/NHS no.

Date of Birth

This page illustrates how a diary should be filled out. Pain is scored as Mild, Moderate (Mod), Severe (Sev)
 On the corresponding day and month, enter **M** for each migraine attack you have, and record the pain severity (Mild/Mod/Sev).
 Enter **H** for a background headache, and record the pain severity (Mild/Mod/Sev). Enter **P** on the first day of your period (if applicable). If you
 treat your head pain with medication please mark **X** in the treatment column. You may list medication taken and doses.

NAME

YEAR

| | Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|------|---|---|---|---|---|---|---|-----|----|-----|-----|------|----|----|----|----|----|----|----|-----|----|----|----|-----|----|----|-----|----|----|----|
| MONTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| JAN | M | | | | | | P | | H | | | | | | | | | | | | M | | | | H | | | | | | |
| HA score | Mild | | | | | | | | Mod | | | | | | | | | | | | Sev | | | | Mod | | | | | | |
| Treatment | X | | | | | | | | X | | | | | | | | | | | | X | | | | | | | | | | |
| FEB | | | | P | | | | | | | M | H | H | | | | | | | | | | | | | | | M | | | |
| HA score | | | | | | | | | | | Sev | Mod | Mild | | | | | | | | | | | | | | | Sev | | | |
| Treatment | | | | | | | | | | | X | | X | | | | | | | | | | | | | | | | | | |

M= Migraine

H= Background score

P=Period (if applicable)

X= Treatment taken

HA score= Headache score (0-10)

NAME

YEAR

Day

| MONTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| JAN HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FEB HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MAR HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| APR HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MAY HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JUN HA score Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

M= Migraine
X= Treatment taken

H= Background score
HA score= Headache score (Mild/Mod/Sev)

P=Period (if applicable)

NAME

YEAR

Day

| MONTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|--------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| JUL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AUG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SEPT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| OCT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NOV | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DEC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HA score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Treatment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

M= Migraine
X= Treatment taken

H= Background score
HA score= Headache score (Mild/Mod/Sev)

P=Period (if applicable)