AN UNNORMAL FREE RESOURCE

THE HEADACHE JOURNAL

Track headaches so a pattern shows up before a bad week does.

DATE / TIME	PAIN (1-10)	LOCATION	DURATION	POSSIBLE TRIGGER	WHAT HELPED

PATTERNS I'M NOTICING (sleep, stress, screens, dehydration, a specific call):

Bring this to your doctor if headaches are frequent, severe, or new since a head injury.