

# Headache Journal

Write down details about your headaches, including how long they last, how painful they are, and what you were doing when they started. You may start seeing connections between what you do each day and your headaches.

Date	Time the headache pain started	How long the pain lasted	Rank the pain out of 10	Details of symptoms (for example, dizziness, nausea, sensitive to light or sound)	Activity I was doing at the time (for example, biking, swimming, meeting friends, writing a report)	Medicines I took and when I took them
<b>Example:</b> Sept. 8	5 p.m.	60 minutes	5	nausea light-headed	Headache started after swimming for 1 hour	Took 1 Tylenol after swimming