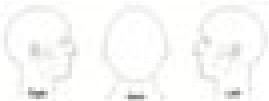
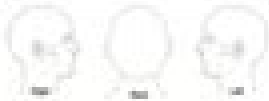

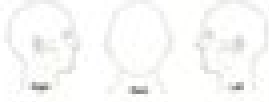






Headache Diary

Date/Time of Headache	Any symptoms precede the headache? When did they occur? When did they get resolved?	How Severe is your pain? 1 (very mild) - 5 (extreme pain)	How long did the pain last?	Where did you feel the pain? (Please indicate on the diagrams below)	How did the pain feel? (Throbbing, stabbing, dull, sharp)	Did you experience any nausea or vomiting? (Indicate which)	What did you eat during the last 12 hours prior to the onset of your migraine?	Method of relief?
								
								
								
								
								
								
								
								



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Migraine Headache Diary

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Migraine Headache Diary:

Headache Diary Hawkstone Press,2020-06-15 Migraines Getting You Down Recording your headache activity should not cause you any headaches anymore Our migraine journal can help you keep track of any patterns and triggers to show to your healthcare physician to come up with the best treatment plan With over 100 pages there are 2 sections in this book Section One is a yearly tracker to plot your headaches over the course of a year Section Two makes up the majority of the book and is the place to write more detailed information about each incident in case you need to reference each headache more thoroughly **USEFUL CONVENIENT** Simple and easy to use the pages are ready and waiting to be filled It s a fuss free journal and easy to fill out with the necessary information **A NOTEBOOK BUILT TO LAST** We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use **WELL CRAFTED INTERIOR** We used only thick white paper to avoid ink bleed through **PERFECT SIZE** With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease It s easier to transport the perfect size easy to carry **COOL COVERS** To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Start your own journal that will allow you to track all pertinent headache information for your doctor

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Headache Diary Headache migraine Headache migraine

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