My Headache Diary

How much did it hurt? **1** a tiny bit **2** a little **3** quite a lot **4** a lot **5** the worst ever

Day 1

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 2

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 3

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 4

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 5

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 6

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

Day 7

Date _____

Did my head hurt? Yes No

How much? 1 2 3 4 5

When did it start?

What was I doing?

What helped?

Drinks today

Bedtime / woke up

End of the week

Headache days

Missed school

What I noticed

Fill it in at bedtime, together. Circle Yes or No even on good days.

Rather use your phone? Scan for Migraine Journal.
Same record on iPhone, added up for you. Free to track.
migrainejournal.app · free to print and share

My Headache Diary

Children describe pain differently, and young children often get tummy pain, sickness or dizziness with — or instead of — a headache. Note it here even when there's no headache.

MEDICINES GIVEN

DATE	TIME	MEDICINE & DOSE	HELPED? (AFTER 1–2 H)	OTHER SYMPTOMS — SICK, TUMMY ACHE, DIZZY, PALE

FOR THE DOCTOR — THIS MONTH

HEADACHE DAYS

SCHOOL DAYS MISSED OR CUT SHORT

DAYS A PAIN MEDICINE WAS GIVEN

WHAT USUALLY COMES BEFORE ONE

GET URGENT ADVICE THE SAME DAY IF

- it is sudden and severe — the worst they have ever had
- it follows a knock to the head
- it comes with a fever and a stiff neck or a rash
- they are confused, very drowsy, or have weakness, slurred speech or trouble walking
- headaches wake them from sleep, or come on waking with vomiting
- headaches are getting steadily more frequent or different

If in doubt, call your doctor or emergency number.

migrainejournal.app/downloads
Free to print and share · please link, don't re-upload