## **HEADACHE LOG**

By Vertex42.com



DATE	TIME	DURATION / PAIN SCALE	(location, aura, dizziness, nausea, sensitivity)	MEDICATION (what & when taken)	ACTIVITY (prior to headache)	FOOD / WATER (ingested during last X hours)	OTHER TRIGGERS / NOTES
12/31/11	12:30 PM	3/12 hr 6/10	aura 30 minutes prior to onset, 3 hour peak, dizzy, nausea, light&sound sensitivity for 12 hours	Excedrin immediately after noticing aura	intense biking ~5 minutes, other light exercise, computer work	light lunch: cheese, crackers, M&Ms. Perhaps not enough water.	General stress level: medium Medium back pain prior (poor posture?)