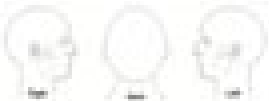
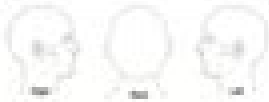


Headache Diary

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?
								
								
								
								
								
								
								
								



Health & Wellness

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ACCREDITED ASSOCIATION
for LABORATORY MEDICAL CLINICS, INC.

Headache Diary Template

Rogue Plus Publishing

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Rogue Plus Publishing' text.

Headache Diary Template:

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Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Headache Diary Template** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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