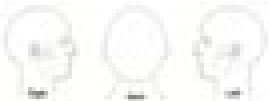
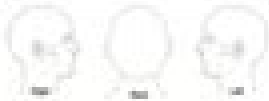

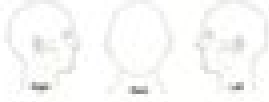






Headache Diary

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) - 3 (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

603-862-9335 - unh.edu/health - grs@unh.edu



ACCREDITED ASSOCIATION
for LABORATORY MEDICAL CLINICS, INC.

Headache Journal Template

Rogue Plus Publishing

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

Headache Journal Template:

Migraine Journal Rogue Plus Publishing, 2018-05-18 Migraines 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 your healthcare physician to come up with the best treatment plan With 100 pages there are 2 sections in this book Section One is a master log to record information of Date of Headache Suspected Trigger What caused it Duration How long did it last Intensity Was it mild moderate or severe Relieved By What helped Rest Medication or other Section Two is a place to write more detailed information about each incident in case you need to reference each headache more thoroughly Here are more features of our journal 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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The book delves into Headache Journal Template. Headache Journal Template is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Headache Journal Template, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Headache Journal Template
- Chapter 2: Essential Elements of Headache Journal Template
- Chapter 3: Headache Journal Template in Everyday Life
- Chapter 4: Headache Journal Template in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Headache Journal Template. This chapter will explore what Headache Journal Template is, why Headache Journal Template is vital, and how to effectively learn about Headache Journal Template.
3. In chapter 2, this book will delve into the foundational concepts of Headache Journal Template. The second chapter will elucidate the essential principles that must be understood to grasp Headache Journal Template in its entirety.
4. In chapter 3, the author will examine the practical applications of Headache Journal Template in daily life. This chapter will showcase real-world examples of how Headache Journal Template can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Headache Journal Template in specific contexts. This chapter will explore how Headache Journal Template is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Headache Journal Template. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Headache Journal Template.

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