

Cluster Headache Diary: Track Your Headaches

A daily headache diary is one of the most important tools to help your healthcare provider plan your treatment and manage your headaches.^{1,2} Answer the questions below and show this diary to your healthcare provider. Please make additional copies of this form as needed.

Date and Time of Onset of Headache	Duration of Headache	Intensity of Headache	Preceding Symptoms	Triggers	Medications Taken	Personal Burden
		Rate Intensity from 0 to 10. 0 = Pain Free 10 = Excruciating Pain	What symptoms did you have?		Note name and dose of the drug, if known.	Did you miss work, time with family, etc?
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					
/ / ___ am ___ pm	___ mins ___ hrs					

Source: 1. American Headache Foundation, 2. Hundert, et al. JMIR MHealth UHealth. 2014