

# BRITISH ASSOCIATION FOR THE STUDY OF HEADACHE

## HEADACHE DIARY

## SPECIMEN HEADACHE DIARY

Name-First/Surname  
Hospital no/NHS no.  
Date of Birth

This page illustrates how a diary should be filled out. Pain is scored as Mild, Moderate (Mod), Severe (Sev)  
On the corresponding day and month, enter **M** for each migraine attack you have, and record the pain severity (Mild/Mod/Sev).  
Enter **H** for a background headache, and record the pain severity (Mild/Mod/Sev). Enter **P** on the first day of your period (if applicable). If you treat your head pain with medication please mark **X** in the treatment column. You may list medication taken and doses.

**NAME**

**YEAR**

	Day																														
MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<b>JAN</b>	M						P		H												M				H						
HA score	Mild								Mod												Sev				Mod						
Treatment	X								X												X										
<b>FEB</b>				P							M	H	H															M			
HA score											Sev	Mod	Mild															Sev			
Treatment											X		X																		

M= Migraine

H= Background score

P=Period (if applicable)

X= Treatment taken

HA score= Headache score (0-10)

**NAME**

**YEAR**

**Day**

<b>MONTH</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<b>JAN</b>																															
HA score																															
Treatment																															
<b>FEB</b>																															
HA score																															
Treatment																															
<b>MAR</b>																															
HA score																															
Treatment																															
<b>APR</b>																															
HA score																															
Treatment																															
<b>MAY</b>																															
HA score																															
Treatment																															
<b>JUN</b>																															
HA score																															
Treatment																															

M= Migraine

X= Treatment taken

H= Background score

HA score= Headache score (Mild/Mod/Sev)

P=Period (if applicable)

**NAME**

**YEAR**

**Day**

<b>MONTH</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<b>JUL</b>																															
HA score																															
Treatment																															
<b>AUG</b>																															
HA score																															
Treatment																															
<b>SEPT</b>																															
HA score																															
Treatment																															
<b>OCT</b>																															
HA score																															
Treatment																															
<b>NOV</b>																															
HA score																															
Treatment																															
<b>DEC</b>																															
HA score																															
Treatment																															

M= Migraine

H= Background score

P=Period (if applicable)

X= Treatment taken

HA score= Headache score (Mild/Mod/Sev)