



## Severity Scale:

- 1 -- Mild headache, allowing normal activity
- 2 -- Moderate headache, disturbing but not preventing normal activity
- 3 -- Severe headache, normal activity is impossible. Bed rest may be necessary

Please also answer "what were you able to do during the headache?"

## Headache Triggers

- |                                        |                       |
|----------------------------------------|-----------------------|
| 1. Unwell with something else (eg flu) | 11. Skipped meals     |
| 2. Fatigue                             | 12. Nuts              |
| 3. Exercise                            | 13. Onions            |
| 4. Heat                                | 14. Salty foods       |
| 5. Sun glare                           | 15. Excess caffeine   |
| 6. Stress                              | 16. Chocolate         |
| 7. Citrus fruits                       | 17. Missed medication |
| 8. Cured meats                         | 18. Other:            |
| 9. MSG                                 | 19. Other:            |
| 10. NutraSweet                         |                       |

## Relief Measures

1. Ice pack
2. Bed rest
3. Dark room
4. Paracetamol
5. Other medication:
6. Other medication:
7. Relaxation techniques
8. Other (please specify):