

**HEADACHE CALENDAR**

- Fill out month and dates and report frequency, severity, duration and treatments tried (and response)
- Use the following pain scale:
  - 0 = no pain
  - 1 = mild pain, no dysfunction; May or may not take meds
  - 2 = moderate pain, some dysfunction; takes medication but still performs activity
  - 3 = severe pain, unable to function; takes medications and must stop activity

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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