



Ramp Up Physiotherapy – Headache Diary

Monitor your headaches over a period of time using this diary. Aim to keep detailed and accurate information.

Please speak to your medical professional if your headaches are worsening, continuing over a long period or you have any other concerns. Call 000 if you experience a sudden, severe headache or if your headache is accompanied by: confusion, vomiting, neck stiffness, muscle weakness, slurred speech, or visual changes.

Date	Headache start time	Headache duration	Severity 0-10/10	Description	Potential triggering activities	Relief measures taken & effectiveness	Other factors: amount of sleep, water intake, medications



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Notes and Observations:

A large, empty rectangular area with a thin orange border, intended for notes and observations.