Headache Diary

A.Vogel

DATE	TIME STARTED	DURATION / PAIN SCALE	DETAILS / SYMPTOMS	ACTIVITY (prior to headache)	FOOD/DRINK (ingested during last 24 hours)	OTHER TRIGGERS / NOTES
01/07/15	12:30 PM	3.5 hrs 6/10	Aura 30 minutes prior to onset, 3 hour peak, dizzy, nausea, light & sound sensitivity after noticing aura for 12 hours.	Intense biking – 5 mins, other light exercise, computer work.	Light lunch: cheese, crackers, M&Ms. Perhaps not enough water.	General stress level: medium. Medium back pain prior (poor posture?). Period started.

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