Headache diary

Please fill this in for at least 4 weeks and bring it to your appointment.

CPNI
Cyprus Paediatric Neurology Institute
Παιδονευρολογικό Ινστιτούτο Κύπρου

Child's name _____ Date of birth _____ Month _____

How to use this diary

- Every day, mark the calendar: H = headache day, M = pain medicine taken that day.
- For each headache, fill in one line of the detailed log on the next pages.
- Score the pain from 0 (no pain) to 10 (the worst pain imaginable). Younger children can point to the faces.
- Write down anything that might have triggered it: poor sleep, a missed meal, not drinking enough, stress, screens, illness, periods.
- Pain medicine on more than 2–3 days a week can cause more headaches. Please tell us if this is happening.



Monthly overview

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	

H = headache M = medicine S = missed school

Get urgent help (call 112) for a sudden, very severe headache, a headache with fever and stiff neck or rash, after a head injury, or with weakness, confusion, double vision or a seizure.

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Detailed headache log

Date	Time started	How long	Pain (0–10)	Where it hurt	Other symptoms (feeling sick, vomiting, light or noise bother, visual aura)	What was happening before (possible trigger)	Medicine, dose and time	Did it help?	Missed school or activities?

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