

Headache diary

Complete your diary for a month (or as long as you can before your appointment). You can use the diary to help you understand your headaches whether you have an appointment or not.

Date	Day M T W Th F S Su	Time headache begins	Pain score 0 - no pain 10 - worst pain	Medication type/time taken	Comments
1					
2					
3					
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31					

Please don't send us diaries if you don't have an appointment as we won't be able to review them. (You can book an appointment [here](#).)

But if you do have an appointment at the National Migraine Centre, send the diary to us by email at:

admin@nationalmigrainecentre.org.uk, making sure it reaches us at least three days before your appointment.

Include in the body of your email: Your name / Your date of birth / The dates your diary covers (eg 1/1/22-31/1/22)