MEDICAL FACULTY ASSOCIATES

THE GEORGE WASHINGTON UNIVERSITY

Headache Calendar

PLACE LABEL HERE

Use this calendar to mark when you have a headache.
Use the KEYs to tell what happens each time.

M = Migraine (circle "M" is worse than usual
H = Headache (not migraine)
S = Severity 1=mild, 2=moderate, 3=severe
MED = Specify Medication if taken
Women – Circle the day of your period

31-Day Chart: From_____ to _____

MONTH-DAY-YEAR *MONTH-DAY-YEAR*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY