

Headache Log:

DATE	TIME (start/end)	INTENSITY (rate 1-10)	PRECEDING SYMPTOMS	TRIGGERS	MEDS TAKEN (include dosage)	RELIEF? (complete/some /none)



<https://tinyurl.com/MTPCHALOG4DL>

If you run out of rows, visit the URL or scan the QR code above with your smartphone to print more!