Headache diary template

An original, printable pattern-tracking worksheet | no PHI fields

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Use a private copy for your own notes. Do not send this worksheet to the clinic through an unapproved channel. Bring it to an appointment only if you choose.

Daily entry

Date label	Headache-free / mild / moderate / severe	Start and end / time to peak

For each entry, note

- Symptoms: nausea, light or sound sensitivity, visual or sensory symptoms, neck discomfort or other symptoms.
- Medicines or supplements used and whether they helped. Record the product or class, not a dose recommendation.
- Sleep, meals, hydration, caffeine, activity, stress, illness, menstrual or hormonal context when relevant.
- Function: what you could or could not do, and whether the headache interrupted work, school, caregiving or sleep.

Patterns to discuss

- How many headache days occurred?
- How often were acute medicines used?
- What changed from your usual pattern?
- What questions do you want to ask at the visit?

Sources opened and checked 20 November 2026

IHE / TOP Canadian headache guideline: https://www.ihe.ca/public/uploaded/headache-guideline.pdf

Choosing Wisely Canada headache recommendations: https://choosingwiselycanada.org/recommendation/headache/

Migraine Canada discussion guide: https://migrainecanada.org/wp-content/uploads/2025/06/Patient-version-Discussion-Guide_English_Extended_Final_Copy-Digital.pdf

Migraine Canada headache diary: https://migrainecanada.org/how-to-use-a-migraine-diary/

London Health Sciences Centre headache clinic: https://www.lhsc.on.ca/clinical-neurological-sciences/john-h-kreeft-headache-clinic

HealthLink BC migraine headaches: https://www.healthlinkbc.ca/healthwise/migraine-headaches-0

Canadian Paediatric Society acute migraine: https://cps.ca/en/documents/position/acute-migraine

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

AAN / American Headache Society 2026 update: https://www.aan.com/PressRoom/Home/PressRelease/5361

American Headache Society diagnosis overview: https://americanheadachesociety.org/research/library/overview-of-migraine-diagnosis

NICE CG150: https://www.nice.org.uk/guidance/cg150

NHS headaches: https://www.nhs.uk/symptoms/headaches/

International Headache Society ICHD-3: https://ihs-headache.org/en/resources/ichd/