# Headache Diary

| Date | Time | Weather | Duration | Intensity[1] | Location[2] | Treatment | Effective | Triggers | Notes[3] |
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O.U.C.H.® Organization for Understanding Cluster Headaches

http://www.ouch-us.org

Instructions: Please complete an entry for each headache.

1. Intensity on a scale of 0 – 10 with 10 being the worst pain you have ever felt in your life.
2. Location of the pain
3. Note anything special or different about this headache and/or any other relevant information.