

| EXAMPLE of filling out Diary |        |         |              |          |          |          |        |
|------------------------------|--------|---------|--------------|----------|----------|----------|--------|
|                              | Monday | Tuesday | Wednesday    | Thursday | Friday   | Saturday | Sunday |
| Week 1                       | x      | x + D   | <b>X + D</b> |          | <b>X</b> | x        |        |

**Headache Diary of**  
**- please note that you MUST use the format outlined below. NO OTHER FORMAT IS ACCEPTABLE.**

General Notes:

X: big headache      x: little headache      D: dizziness d: mild dizziness      N: neck pain      n: mild neck pain

Date:

|        | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|---------|-----------|----------|--------|----------|--------|
| Week 1 |        |         |           |          |        |          |        |
| Week 2 |        |         |           |          |        |          |        |
| Week 3 |        |         |           |          |        |          |        |
| Week 4 |        |         |           |          |        |          |        |
|        | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 |        |         |           |          |        |          |        |
| Week 2 |        |         |           |          |        |          |        |
| Week 3 |        |         |           |          |        |          |        |
| Week 4 |        |         |           |          |        |          |        |