

## Monthly Headache Diary

Providing Social Security with a daily diary is an excellent way to prepare for your hearing.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Did you have a headache today?

Yes	No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Mild	Moderate	Severe	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Duration of this Headache?

Less than 4 Hours	4-12 Hours	13-24 Hours	> 24 Hours	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Symptoms of this Headache. Please mark all that apply.

Aura Colors	Nausea/Vomiting	Light Sensitivity	Personality Change	Dizziness/Vertigo	Numbness/Tingling	Motor Impairment	Visual Symptoms	Speech Impairment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Medications taken for treatment of this Headache.

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 Month/Year: \_\_\_\_\_