

2026 Headache Diary

Name:

Mark medication changes
below each month



January	February	March	April	May	June
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1 2 3 4	1	1	30 31 1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30
Totals:	Totals:	Totals:	Totals:	Totals:	Totals:

July	August	September	October	November	December
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1 2 3 4 5	1 2	31 1 2 3 4 5 6	1 2 3 4	1	30 1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31
Totals:	Totals:	Totals:	Totals:	Totals:	Totals:

Instructions

- Onset when awake ☐ e.g. (7). Onset when asleep ☐ e.g. [1].
- Headache lasting more than one day mark as follows e.g. (9, 10, 11)
- Strike out headache resolving < 1½ hrs e.g. ~~13~~ or ~~30~~
- Underline dates of your period e.g. 22, 23, 24, 25, 26
- Lesser headache days mark as 4. If this resolves < 1½ hrs mark as 15.
- If disabled by Headache Episode > 2 hrs mark with a red X e.g. 21^x.
- If warning symptoms before retiring to bed mark with a 'W'. e.g. 3^w
- Mark day with * of medication change. Detail in space beneath the month.

Sample calendar

M	T	W	T	F	S	S
[1]	2	3 ^w	4 [•]	5	6	(7)
8	(9)	10	11	12	(13)	14
15 [•]	16	17	18 [*]	19	20	[21] ^x
22	23	24	25	26	27	28
29	[30]	31				

