

Name: \_\_\_\_\_

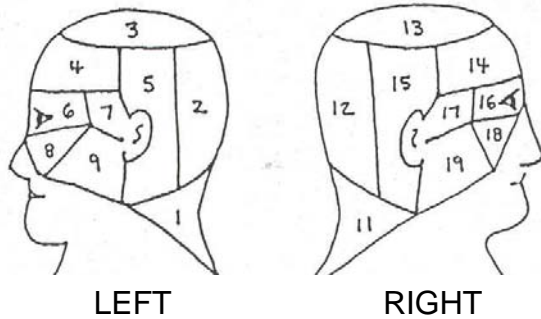
# Headache Food Trigger Chart

Today's Date: \_\_\_\_\_

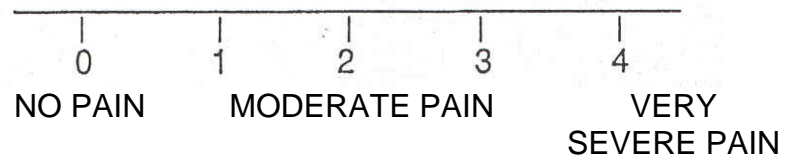
SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	LOCATION OF PAIN	INTENSITY OF PAIN	MEDICATIONS	MAIN ACTIVITIES	FOOD & DRINK	NOTES & FEELINGS
AM	Midnight	0 1 2 3 4				
	6:00 a.m.	0 1 2 3 4				
	8:00 a.m.	0 1 2 3 4				
	10:00 a.m.	0 1 2 3 4				
	12:00 Noon	0 1 2 3 4				
PM	2:00 p.m.	0 1 2 3 4				
	4:00 p.m.	0 1 2 3 4				
	6:00 p.m.	0 1 2 3 4				
	8:00 p.m.	0 1 2 3 4				
	10:00 p.m.	0 1 2 3 4				
Midnight		0 1 2 3 4				

LOCATION OF HEADACHE



INTENSITY OF PAIN SCALE



Saint Louis Behavioral Medicine Institute

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Call for an appointment today to have a member of the SLBMI Headache and Pain Management staff review your chart and offer suggestions for relieving your headache pain.