

# John R Graham Headache Center

**Month:**

**Year:**

Circle start date

	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
<b>Headache Severity (Average for the Day)</b>																															
<b>Running Monthly Total</b>																															
<b>Length of headache (Average in Hours)</b>																															

**Monthly Summary:**

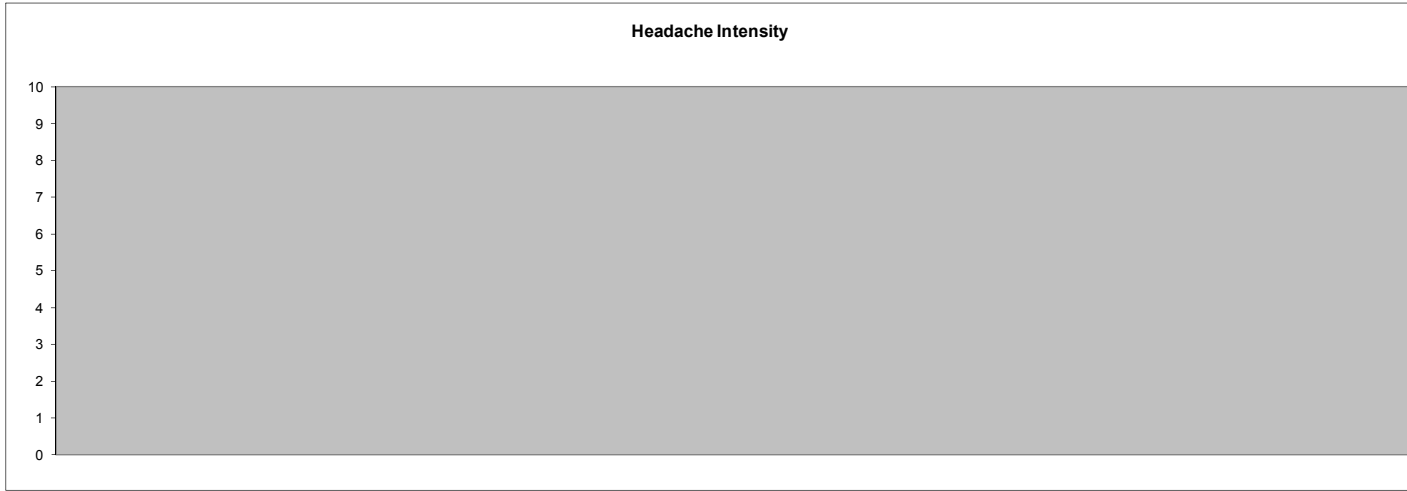
**Headache Days per Month:**

**Average Severity:**

**Average Disability:**

**Pain Scale/ Graph**

- 10 Worst possible pain
- 9 Excruciating pain
- 8 Very severe pain
- 7 Severe head pain
- 6 Moderately severe pain
- 5 Moderate pain
- 4 Light moderate pain
- 3 Mild pain
- 2 Very mild pain
- 1 Warning only
- 0 No pain at all



**Disability Level**

- Trip to ER/MD office for Rx
- Bedrest required
- Severely impaired functioning
- Mildly impaired functioning
- Normal work and function

4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**Rescue Meds Taken for Headache Pain:**

1																																							
2																																							
3																																							
4																																							
5																																							

**Medication Doses per Month:**

- 1
- 2
- 3
- 4
- 5

**Notes**