

Weekly Headache Diary

Week # _____

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pain start time:							
Pain end time:							
Pain location?							
Pain quality: sharp/dull/burning etc.							
Pain Intensity (1-10)							
What helped relieve pain?							
How much relief (10-100%)							
Other symptoms?							
Does pain go anywhere else?							
Does light or sound bother you?							

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

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