



Patient Headache Calendar

Return completed forms to:
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Day of the Month	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			
Check ✓ if Headache																																		
Peak Pain 1 = Mild 2 = Moderate 3 = Severe 4 = Can't bear it																																		
Average Pain (1 to 4)																																		
Level of Disability N = Normal R = Reduced I = Incapacitated																																		
Onset of Pain (Am,Pm,Eve,Sleep)																																		
Hours of Pain																																		
Associated Symptoms? Aura? (A) Nausea? (N) Vomiting? (V)																																		
Acute Treatment? (N = None, #1,2,3) #1 _____ #2 _____ #3 _____																																		
Relief? Y = Yes N = No																																		
Menses? ✓ days																																		

NAME: _____ MONTH: _____ YEAR: _____