

Date & Day	Day of Cycle	Headache start time	Duration	Severity (0-5)	Location & nature of pain including associated symptoms	Medications (inc dose) taken	Any known triggers

This leaflet provides information only. Cheyham Lodge Headache & Migraine Clinic can accept no responsibility for any loss, howsoever caused, to any person acting or refraining from action as a result of any material in this leaflet or any information given. Medical advice should be obtained on any specific matter.