

Headache Log

Name: _____

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:	Date: _____ Type: Remedy: Triggers:
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Keep your headache log safe, private and on you at all times.
Try the [CareClinic App](https://careclinic.app) from <https://careclinic.app/link/forms> for iOS or Android



