

Identifying Headache Triggers Worksheet

| | Date of trigger- Exposure | Headache Description- Describe course of headache |
|---------------------------------------|--------------------------------------|--|
| Aged cheese | | |
| Alcohol | | |
| Chocolate | | |
| Citrus fruits | | |
| Cured meats | | |
| Dehydration | | |
| Excess caffeine | | |
| Excessive exercise | | |
| Eyestrain or other visual triggers | | |
| Fatigue | | |
| Menstruation | | |
| Medication use/missed | | |
| MSG | | |
| NutraSweet® | | |
| Nuts | | |
| Onions | | |
| Salty foods | | |
| Sleep deprivation | | |
| Skipped meals | | |
| Stress | | |
| <i>Others (list below)</i> | | |
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