

**Identifying Headache Triggers Worksheet**

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