

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>		