

**Identifying Headache Triggers Worksheet**

	<b>Date of trigger- Exposure</b>	<b>Headache Description- Describe course of headache</b>
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		
<b><i>Others (list below)</i></b>		