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*Mild: Does not inhibit work performance or other activities
Moderate: Inhibits, but does not prohibit work performance and other activities
Severe: Prohibits work and other activities

**FIG. 1.** Diagnostic headache diary.
For your **migraine attacks** indicate the severity as:

1. mild  
2. medium  
3. severe  

1) A mild attack does not inhibit work or other activities  
2) A medium attack inhibits but does not prohibit work or other activities.  
3) A severe attack prohibits work and/or other activities.

For your **tension-type headache** use one or more crosses to indicate severity as defined above:

- x, mild  
- xx, medium  
- xxx, severe  

For attacks of **cluster headache** use letters a, b, and c for severity as defined above:

- a, mild  
- b, medium  
- c, severe

**HEADACHE CALENDAR**

The year 20__

The headache calendar is used to record all episodes of headache during an entire year. This information will greatly assist your doctor in selecting the best treatment, and it may help yourself to identify factors in your life, which worsen or improve your headache condition.

**Bring this calendar to each consultation with your doctor.**

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The owner of this card is being treated for headache/migraine by Dr.:

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