



## COMMON SYMPTOMS AND TRIGGERS

Use the corresponding numbers in your headache diary to save writing space. You can also add in your own symptoms and triggers below in the blank spaces.

PRECEDING SYMPTOMS		TRIGGERS	
1	Fatigue	1	Stress
2	Craving certain food(s)	2	Changes in or irregular sleep schedule
3	Altered mood	3	Hormones
4	Irritability	4	Caffeine
5	Stiff muscles	5	Alcohol
6	Depression	6	Changes in weather
7	Euphoria	7	Dehydration
8	Sensitivity to smells	8	Light
9	Sensitivity to noise	9	Smell
10	Constipation	10	Medication overuse
11	Diarrhea	11	Chocolate
12	Aura	12	Cheese
13	Runny nose	13	Dairy products
14	Yawning	14	Artificial sweeteners
15		15	Cured meats
16		16	
17		17	
18		18	
19		19	
20		20	