



Dr. Charisse Litchman, MD
HEADACHE JOURNAL

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Rank your headache on a scale of 0–10, with 0 being no headache and 10 being the most severe headache. Give only one number per day which ranks the worst the headache was regardless of how long it lasted. If you have your period, please put the letter P marking the first day of your cycle.