



# Kopfschmerzkalender

Name: .....



Monat:

Geburtsdatum: .....

| Tag | Schmerzart und Ort |  |                  |                          |                     |                                  |            | Begleitsymptome |          |           |            |                         |            | Medikament |         |       | Tag | Notizen |  |
|-----|--------------------|--|------------------|--------------------------|---------------------|----------------------------------|------------|-----------------|----------|-----------|------------|-------------------------|------------|------------|---------|-------|-----|---------|--|
|     | Uhrzeit            | Stärke<br>1 schwach,<br>2 = mittel,<br>3 = stark | Dauer<br>Stunden | Pulsierend<br>/ stechend | Dumpf /<br>drückend | Einseitig<br>(rechts /<br>links) | Beidseitig | Erbrechen       | Übelkeit | Lärmscheu | Lichtscheu | Geruchs-<br>empfindlich | Sehstörung | Medikament | Wirkung |       |     |         |  |
|     |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            | Ja         | Nein    | Wenig |     |         |  |
| 1   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 1       |  |
| 2   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 2       |  |
| 3   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 3       |  |
| 4   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 4       |  |
| 5   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 5       |  |
| 6   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 6       |  |
| 7   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 7       |  |
| 8   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 8       |  |
| 9   |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 9       |  |
| 10  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 10      |  |
| 11  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 11      |  |
| 12  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 12      |  |
| 13  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 13      |  |
| 14  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 14      |  |
| 15  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 15      |  |
| 16  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 16      |  |
| 17  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 17      |  |
| 18  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 18      |  |
| 19  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 19      |  |
| 20  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 20      |  |
| 21  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 21      |  |
| 22  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 22      |  |
| 23  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 23      |  |
| 24  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 24      |  |
| 25  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 25      |  |
| 26  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 26      |  |
| 27  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 27      |  |
| 28  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 28      |  |
| 29  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 29      |  |
| 30  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 30      |  |
| 31  |                    |  |                  |                          |                     |                                  |            |                 |          |           |            |                         |            |            |         |       |     | 31      |  |