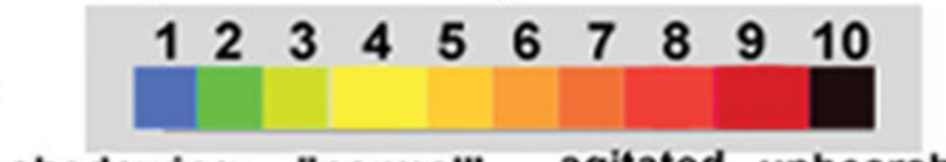
Cluster Headache Frequency / Intensity Chart

This chart is for keeping an accurate record of the exact times, intensity & duration of your headaches, and the length of the full cycle - this will allow you to see patterns & trends very easily when trying new medications or techniques for pain moderation.

Start a chart at the first signs of a cycle. Keep a notepad with you and record the length, time & pain level of your headaches each day, then use your notes to fill in the right colors on the chart.

'Kip' Pain Intensity Scale



Time of Day, Duration, Pain Scale

12pm
9pm
6pm
3pm
12am
9am
6am
3am

Day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32

List All:
Meds used
Cures tried
& etc ...

Notes on Attacks,
Changes & Comments