FRAUEN Geflüster

# Kopfschmerztagebuch

Monat _____

Ja = J / Nein = N

**Auslöser:**

1: _____

2: _____

3: _____

4: _____

5: _____

**Symptome:**

A: Aura

E: Erbrechen

Ü: Übelkeit

X: _____

Z: _____

**Stärke:**

Skala 1-10 (max=10)

**Medikamente:**

●: _____

▬: _____

↯: _____

www.frauengefluester.net

| Zeitpunkt & Dauer | | | | Schmerzcharakter | | | | | | Medikamente | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Tag | Zyklustag | Auslöser | Dauer (h) | Stärke | pusierend/ stechend | dumpf/ drückend | einseitig | beidseitig | Symptome | Präperat | Dosierung | geholfen? |
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