Tracking record

July 11 – October 10, 2026 · 92 days

Name _____

Created on October 10, 2026

HeadAIche 1.0 (1)

Overview

19	16	8 h 33 min	17
Headache days	Episodes	Average duration	Days with acute medication

Month	Days	Headache days	Episodes	Days with acute medication
July (11–31)	21	5	4	5
August	31	6	5	5
September	30	6	5	5
October (1–10)	10	2	2	2

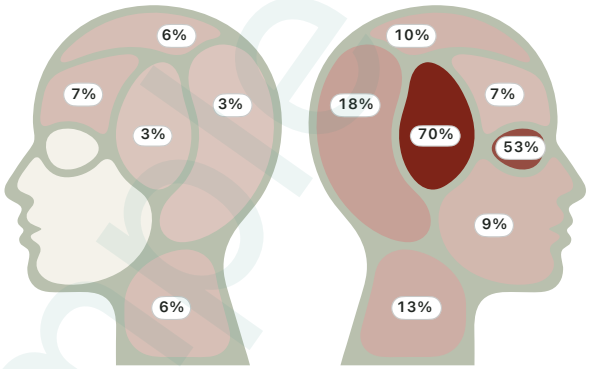
Intensity highest per episode

very mild	1
mild	4
moderate	5
severe	4
very severe	2

Type episodes, more than one possible

throbbing **10** · pressing **7** · stabbing **2**

Pain locations



Darker = affected for longer. Number: share of total headache time.

Medication Days with medication

Medication	Type	Jul	Aug	Sep	Oct	Total
Ibuprofen 400	Pain reliever	3	4	5	1	**13**
Sumatriptan 50	Triptan	2	1	1	2	**6**
Days with acute medication		**5**	**5**	**5**	**2**	**17**

Example

Calendar

Intensity (highest of the day): 1 very mild · 2 mild · 3 moderate · 4 severe · 5 very severe

• Medication taken ○ Period start

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 4	14	15	16	17	18 2
19 ○	20 5	21 3	22	23	24	25
26	27	28	29 2	30	31	

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 3	4	5	6	7	8
9 1	10	11	12	13	14	15 ○
16 5	17 3	18	19	20	21	22
23	24 3	25	26	27	28	29
30	31 2					

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 3	5 3
6	7	8	9	10	11	12 ○ 4
13	14 3	15	16	17	18	19
20	21 2	22	23	24	25	26
27 4	28	29	30			

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 3
4	5	6	7	8 4	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Example

Episodes

Date	Start–end	Duration	Intensity	Type	Location	Note
Mon, 07/13	3:10 PM–9:40 PM	6 h 30 min	4 severe	throbbing	right: eye, temple	*Long day at the screen*
Sat, 07/18	7:20 AM–12:05 PM	4 h 45 min	2 mild	pressing	both sides: forehead	
Mon, 07/20	5:50 AM–9:30 AM (+1)	27 h 40 min	5 very severe	throbbing, pressing	right: eye, temple, back of head, neck	*Woke up with it, triptan at 7 am*
Wed, 07/29	6:30 PM–10:00 PM	3 h 30 min	2 mild	pressing	both sides: neck	
Mon, 08/03	1:00 PM–7:20 PM	6 h 20 min	3 moderate	throbbing	right: temple, top of head	
Sun, 08/09	9:15 AM–11:00 AM	1 h 45 min	1 very mild	pressing	both sides: forehead	
Sun, 08/16	6:40 AM–6:10 AM (+1)	23 h 30 min	5 very severe	throbbing, stabbing	right: eye, temple	*Period since yesterday*
Mon, 08/24	4:00 PM–8:30 PM	4 h 30 min	3 moderate	throbbing	left: temple	*After exercise*
Mon, 08/31	10:30 AM–2:45 PM	4 h 15 min	2 mild	pressing	both sides: back of head, neck	
Fri, 09/04	8:15 PM–2:40 AM (+1)	6 h 25 min	3 moderate	throbbing	right: eye, temple	
Sat, 09/12	7:00 AM–11:10 PM	16 h 10 min	4 severe	throbbing	right: eye, jaw, temple	*Ibuprofen barely helped*
Mon, 09/14	8:30 AM–4:00 PM	7 h 30 min	3 moderate	throbbing	right: temple	
Mon, 09/21	2:20 PM–5:00 PM	2 h 40 min	2 mild	pressing	both sides: forehead	
Sun, 09/27	11:00 AM–7:30 PM	8 h 30 min	4 severe	throbbing, pressing	left: top of head; right: temple, top of head	
Sat, 10/03	6:30 AM–1:15 PM	6 h 45 min	3 moderate	stabbing	right: eye	
Thu, 10/08	5:40 PM–11:55 PM	6 h 15 min	4 severe	throbbing	right: eye, temple	*Two short nights*

Example