

# KNOW | OVERPOWER | CURE

(Patient Self-Help for Headache)

## Headache Frequency & Severity (Mild, Mod, Sev)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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### Triggers

<input type="checkbox"/>	Sun
<input type="checkbox"/>	Lack of Sleep
<input type="checkbox"/>	Stress
<input type="checkbox"/>	Irregular Meals
<input type="checkbox"/>	Menses
<input type="checkbox"/>	Noise
<input type="checkbox"/>	Busy Lifestyle
<input type="checkbox"/>	Specific Food
<input type="checkbox"/>	Other

### Regular

<input type="checkbox"/>	Food
<input type="checkbox"/>	Sleep
<input type="checkbox"/>	Water
<input type="checkbox"/>	Medicines
<input type="checkbox"/>	Life balance

<b>Target</b>
<b>&lt;5</b>

### Positive Changes

<input type="checkbox"/>	Walking/Cardio Activities
<input type="checkbox"/>	Yoga
<input type="checkbox"/>	Meditation
<input type="checkbox"/>	Dance
<input type="checkbox"/>	Music
<input type="checkbox"/>	Books
<input type="checkbox"/>	Prayer
<input type="checkbox"/>	Social/Friends
<input type="checkbox"/>	Silence
<input type="checkbox"/>	Other

**Ballari Neuro Centre**