Headache Tracker

Date	Started Ended	Triggers	Symptoms	Treatment

Triggers:

Food	*artifical sweeteners, chocolate, food additives, seasoned salt, bread, doughnuts*
Food	*sauerkraut, beans, MSG, nuts, peanut butter, citrus fruits, raisins,*
Environ.	*tobacco smoke, chemical smells, fluorescent lights, stong odors, sunlight,*
Environ.	*loud noise, intense physical activity, medications, stress, fatigue,*
Environ.	*missing meals, changes in weather, sleep disturbances, hormonal changes*

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