



HEADACHE DIARY INSTRUCTIONS:

If you have a Headache on a given day, rate your pain on a scale of 1(mild) – 10(severe), and indicate how much of each abortive medicine you took as well as the time to relief. Record the exact dates you start, stop, or change the dosage of daily medications

January 2018						
◀ December						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



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February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day	3
4 Super Bowl	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents Day	20	21 Int'l. Mother Language	22	23	24
25	26	27	28			



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March 2018						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Int'l. Women's Day	9	10
11 Daylight Saving Begins	12	13	14	15	16	17 Saint Patrick's Day
18	19	20 Spring Begins (Northern Hemisphere)	21	22	23	24 World Tuberculosis Day
25	26	27	28	29	30 Good Friday	31



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April 2018						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter	2	3	4	5	6	7
8	9	10 Equal Pay Day	11	12	13	14
15	16	17 Tax Day (Taxes Due)	18	19	20	21
22 Earth Day	23 World Immunization Week Starts	24	25 Administrative Professionals	26	27 Arbor Day	28
29	30					



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May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <small>Cinco De Mayo</small>
6	7	8	9	10	11	12
13 <small>Mother's Day</small>	14	15	16	17	18	19 <small>Armed Forces Day</small>
20	21	22	23	24	25	26
27	28 <small>Memorial Day</small>	29	30	31		



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June 2018						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21 Summer Solstice	22	23
24	25	26	27	28	29	30



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July 2018						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day	2	3	4 Indep. Day	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				



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August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Nat'l. Girlfriend Day	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	



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September 2018						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7	8
9	10	11 Patriot Day	12	13	14	15
16	17	18	19	20	21	22 Fall begins
23	24	25	26	27	28	29
30						



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October 2018						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11 Come Out Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			



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November 2018						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Daylight Saving Time Ends	5	6 Election Day	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	



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December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Winter Solstice	22
23	24	25 Christmas	26	27	28	29
30	31					