Having to live with chronic pain is difficult enough without the added burden of cluster headaches. This guide will help you have a meaningful conversation with your health care provider. Use this tool before you go to your next appointment.

### Pain level

0  1  2  3  4  5  6  7  8  9  10

### Duration of headaches

15 minutes  30 minutes  45 minutes  1-2 hours  4-12 hours  1 to 3 days

### Headache free days

One day a week  Several times per week  Weekly  Monthly  Several months a year

### Time of day when your headaches happen

Early morning  Morning  Afternoon  Sunset  Middle of night

### Location of headaches

Forehead  Behind one eye  One side of head  Neck

### Time of year headaches start

Spring  Summer  Fall  Winter  Year round

### Stress

0  1  2  3  4  5  6  7  8  9  10