**Kopfschmerz-Kalender Monat** **200** www.drhoepfner.de

| Wochentag | Tag | | | Uhrzeit / Dauer der Kopfschmerzen 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 | Schmerzstärke ? 100 - 0 | Sehstörung | Übelkeit | Erbrechen | Licht-Lärmempf. | andere | Auslöser | Anz. der Tabl. | Anz. der Zäpf. |
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Dauer der Kopfschmerzen markieren: ———— -— — - -  Medikamenteneinnahme markieren: 1 =  2 =  3 =

**Name:**