

NAME: .....

MONAT: .....

Verwenden sie im Kalender bitte folgende Kürzel

**AUSLÖSER**

- 1 Aufregung / Stress
- 2 Erholungsphase
- 3 Änderung im Schlaf / Wach-Rhythmus
- 4 Menstruation
- 5 Wetterwechsel
- 6 Alkoholische Getränke
- 7 Schokolade
- 8 Käse
- 9 .....
- 10 .....

**MEDIKAMENTE akut**

- A .....
- B .....
- C .....
- D .....

**Prophylaxe:**

- E .....

| Tag | Schmerzart und Ort |              |                      |                  |           |            |                        | Begleitsymptome |           |            |           |            | Therapie |            |           |                           |            |             |
|-----|--------------------|--------------|----------------------|------------------|-----------|------------|------------------------|-----------------|-----------|------------|-----------|------------|----------|------------|-----------|---------------------------|------------|-------------|
|     | Stärke [1-10]      | Dauer [Std.] | Pulsierend / pochend | Dampf / drückend | Einseitig | Beidseitig | Zunahme bei Bewegungen | Übelkeit        | Erbrechen | Lichtscheu | Lärmscheu | Sehstörung | Auslöser | Medikament | Dosierung | Wirkt gut in .... Minuten | Wirkt Kaum | Wirkt nicht |
| 1   |                    |              |                      |                  |           |            |                        |                 |           |            |           |            |          |            |           |                           |            |             |
| 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  |                    |              |                      |                  |           |            |                        |                 |           |            |           |            |          |            |           |                           |            |             |