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so many fake sites. this is the first one which worked! Many thanks

HEADACHE LOG



DATE	TIME	CHARACTER	DETAILS / HISTORY	TRIGGER	ACTIVITY	ACUTE TREAT	OTHER TREATMENT NOTES
10/20/17	12:30 PM	SPONTANEOUS	Left side of forehead and eye, dull and throbbing	Stress, poor diet, lack of sleep, dehydration	Watching TV, reading	1000mg Ibuprofen, 400mg Aspirin	Over the counter pain relievers only

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