

**Box D: Components tracked in a headache diary**

| Date | Time<br>( <i>start/finish</i> ) | Preceding<br>symptoms | Triggers | Medication<br>( <i>and dosage</i> ) | Relief<br>( <i>complete/moderate/none</i> ) |
|------|---------------------------------|-----------------------|----------|-------------------------------------|---|
|------|---------------------------------|-----------------------|----------|-------------------------------------|---|

Source: Marshall S, Lithopoulos A, Curran D, Fischer L, Velikonja D, Bayley M. Living concussion guidelines: Guideline for concussion and prolonged symptoms for adults 18 years or older 2023