HEADACHE PREVENTION ACTION PLAN

Let's bring this back to the <u>next</u> appointment so we can track your goals!

Pro tip: This isn't a chance for judgment and shame, but a way for the adults to support you and find ways to decrease barriers and figure out the best next goals for you.



Now it's time for you to create some headache prevention goals for yourself! We can't tackle everything at once, so choose a few things that can have the biggest impact on helping you feel more comfortable and in control. Bring this to each appointment so you can work with your medical team to help you figure out the next steps to take as you discover what works best for you.

In case you missed it, the **Headache Prevention and Rescue Strategy Overview** goes over all the strategies that can work for you. Feeling stuck or not sure what could be a good goal for you? Check out the **Headache Action Plan Cheat Sheet** to get some ideas about what goes into a solid headache action plan.

Name: _____ **Date:** _____

Here's the things I want to work on in the next few weeks:

(pick up to three)

☐ Drink ☐ Eat ☐ Move ☐ Have Fun ☐ Relax ☐ Sleep ☐ Meds & Supplements ☐ Other: _____

Goal 1: _____

Action(s) I will take: _____

_____

Support I need from (mom, dad, doctor, school, etc.): _____

_____

_____

Goal 2: _____

Action(s) I will take: _____

_____

Support I need from (mom, dad, doctor, school, etc.): _____

_____

_____

Mayyyyybee Goal 3: _____

Action(s) I will take: _____

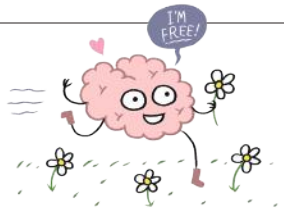
_____

Support I need from (mom, dad, doctor, school, etc.): _____

_____

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