

diary - montefiore medical center - migraine diary the key to successful migraine treatment is you! the more involved you become in your treatment, the more likely you are to get relief from your migraine pain. the migraine diary is your most important tool. it helps you and your doctor track your migraines and how well your treatment is working. **my food diary - centers for disease control and prevention** - meal/snack what you ate and drank where and with whom notes (feelings, hunger, etc.) of day) (indicate time my food diary day _____ breakfast **holter monitor dairy - heart** - your diary will be compared to the changes in your ecg recorded by the holter monitor. 1 remember that your doctor needs a complete picture of your activities. if in doubt. write it down. use the following diary to record all of your daily activities: **time of day**-write the time of day for every activity or symptom that you write in the diary. **anger diary - therapist aid** - anger diary. will help you achieve that goal. instructions: either at the end of the day, or a few hours after your anger has passed, take a moment to reflect on a situation where you felt angry, or even just a bit frustrated. by following the example, take a few notes about the event. after recording **positive** events, complete the review. **the national sleep foundation** - sleep diary **efficient sleep** is important for your health, well-being and happiness. when you sleep better, you feel better. **the national sleep foundation sleep diary** will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved. how to use the national sleep foundation sleep diary **diary writing - pearson education** - a diary entry is a very personal kind of writing. it is meant to record certain significant events and feelings of the writer. format: **date/day** **salutation** **dear** **diary** **heading of the entry** **contents of the diary entry** **signature** points to remember: **creativity, imagination and expression in diary writing are tested.** **headache diary - american academy of family physicians** - headache diary author: fpm | aafp created date: 6/20/2018 3:43:17 pm ... **instructions for completing the 3-day voiding diary** - instructions for completing the 3-day voiding diary 1. please complete the voiding diary for a total of 3 days. 2. on the day that you start recording events in the voiding diary, print your name and date at the top of the diary. **sleep diary - the new york times** - sleep diary see the rest of our guide, how to get a better night's sleep, at nytimes/how-to-sleep chi birmingham night bedtime day wake-up time total hours ... **intake and voiding diary - voices for pfd** - intake and voiding diary patient name: this chart is a record of your fluid intake, voiding and urine leakage. please bring this diary to your next visit. instructions: 1. choose 4 days (entire 24 hours) to complete this record "they do not have to be in a row. pick days that will be convenient for you to measure every void. 2. **anne frank - the diary of a young girl** - unedited diary is referred to as version a, to distinguish it from her second, edited diary, which is known as version b. the last entry in anne's diary is dated august 1, 1944.

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