vetmoneyhq
FOR VETERANS, IN PLAIN ENGLISH

HEADACHE LOG

Sheet _____ of _____

Veteran name: _____ **Date range:** _____ **Appointment date:** _____

How to use: Record one headache per row as soon as practical. Mark symptoms and note what the headache kept you from doing.

Date	Start time	Duration	Severity (1-10)	Knocked flat? Y/N	Symptoms	Meds taken / helped?	Missed work? Y/N	Notes
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		
					☐ Nausea ☐ Light ☐ Sound ☐ Aura	Meds: _____ Helped: ☐ Y ☐ N		

Education only. This worksheet is for personal recordkeeping and appointment preparation. It is not medical advice and does not replace care from a qualified health professional.

This checklist is page one.

The full kit keeps the whole claim organized — in one binder.

The free checklist shows you WHAT money moves to check. The VA Disability Claim Organizer Kit gives you the pages to actually track them — built for your VSO appointment and your own records:

- Claim tracker — every condition, date filed, and status
- C&P exam prep sheets — walk in knowing what they'll ask
- Ratings log + combined-ratings worksheet
- Appeals timeline — deadlines you can't afford to miss
- Evidence & documents checklist — nothing falls through

23 printable pages · $9.99 · print as many copies as you need

Get the kit on Etsy:

etsy.com/shop/Vetmoneyhq

Search "Vetmoneyhq" on Etsy — look for the VA Disability Claim Organizer Kit.

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