

10/20 RULE CALENDAR SHEET
MEDICATION-OVERUSE HEADACHE

DAYS IN THE MONTH WITH MEDICATION							-10	+10	DAYS IN THE MONTH WITH MEDICATION							-10	+10
01	02	03	04	05	06	07			01	02	03	04	05	06	07		
08	09	10	11	12	13	14			08	09	10	11	12	13	14		
15	16	17	18	19	20	21			15	16	17	18	19	20	21		
22	23	24	25	26	27	28			22	23	24	25	26	27	28		
29	30	31							29	30	31						

DAYS IN THE MONTH WITH MEDICATION							-10	+10	DAYS IN THE MONTH WITH MEDICATION							-10	+10
01	02	03	04	05	06	07			01	02	03	04	05	06	07		
08	09	10	11	12	13	14			08	09	10	11	12	13	14		
15	16	17	18	19	20	21			15	16	17	18	19	20	21		
22	23	24	25	26	27	28			22	23	24	25	26	27	28		
29	30	31							29	30	31						

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01	02	03	04	05	06	07			01	02	03	04	05	06	07		
08	09	10	11	12	13	14			08	09	10	11	12	13	14		
15	16	17	18	19	20	21			15	16	17	18	19	20	21		
22	23	24	25	26	27	28			22	23	24	25	26	27	28		
29	30	31							29	30	31						