

Your injury and expenses journal

Why keep a journal

Months from now, it will be hard to remember how bad the first weeks were. A short daily note, written at the time, shows your doctors, your insurer and, if it comes to it, a judge, what the injury did to your days.

How to keep it

- Write at the same time each day, even on good days. Good days matter too.
- Stick to facts: what hurt, what you couldn't do, what it cost. Say it plainly. Don't make it sound better or worse than it was.
- Write as if someone from the insurance company will read it one day, because in a lawsuit they may be able to.
- Don't write about your case, your lawyer or what you think the other driver deserves.
- Keep photos of bruises, cuts, casts and equipment, with the date.
- Keep the journal with your bills and records, and give a copy to your lawyer if you have one.
- Don't post about your injuries or your recovery on social media.

Fillable or by hand. Type into the grey boxes on screen, or print it and write. Nothing you type is sent to anyone: it stays in the file on your device.

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No fees unless you get paid.

This is general information about California law, not legal advice for your situation. Reading or using it does not make us your lawyers.

Scan for the journal online

Week 1

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Week 2

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Week 3

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Week 4

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Week 5

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Week 6

Week of

Date	Pain, morning (0-10)	Pain, night (0-10)	Where it hurts	Hours slept	Woke from pain?	What I couldn't do today	Medicine, treatment, appointment	How I felt	Money spent, what for

What I couldn't do today: work, lift my child, drive, cook, sleep through, exercise, go out.

This week, compared with before the crash:

Photos taken this week:

☐ yes ☐ no

Appointments

Date	Provider	What was done	Next visit

People who saw the change

Family, co-workers and friends can describe what you could do before and after.

Name	How they know you	What they noticed