Personal Injury Journal

After you have been involved in an auto accident, it is important to document daily in a journal so that your attorney can follow your medical treatment and your pain. It is also a good idea to journal so that you can record any missed events you already had scheduled. Recovering from injuries will take time and writing down what you are going through will help you on a daily basis. Please feel free to use this sheet to record your doctor appointments, what you were told, what treatment plan your doctor made for you, your pain level and any other items you feel would be helpful to us.

Date	Doctor Appointment or Therapy	What you were told	Your pain level; how you were prohibited from doing what you needed to do	The treatment plan going forward