INSTRUCTIONS

- **Medical Treatment Diary** – Insert date, medical provider (doctor, hospital, clinic), treatment provided including medication prescribed and mileage to and from medical provider (see example)

- **Medication Log** – Insert date/time taken, name of medication and how much taken - dosage (see example)

- **Lost Wages** – Insert date missed from work, reason you missed work and amount of loss [this amount will include P.T.O./vacation/sick days] (see example)

- **Daily Activity Log** – Insert date and list activity throughout the day that you were able to perform prior to the injury that you cannot perform due to the injury or an activity that you need help in performing. If you have pain associated with your injury, make regular notations of the frequency and duration of the pain (see example)

- **Out of Pocket Expenses** – Insert date, the item purchased and amount of the item [these items may include rentals of wheelchair, walker, prescriptions, etc)] (see example)

Your Personal Injury
Diary of

Date	**Medical Providers & Treatment Provided**

Sample Document

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Your Personal Injury

Medication Log

Date	(List Medications Prescribed and Amounts taken)

Original

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Your Personal Injury

Lost Wages

(List reason and days taken off of work due to your injury and amount of your loss)

Date		Amount

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Your Personal Injury

Description of Personal Injury and Recovery

Date	List Activities and How the Injury has Affected Your Daily Life

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Your Personal Injury

Out of Pocket Expenses

Date	(List Expenses for Prescriptions, Medical Supplies, etc.)	Amount

Work Product

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