


Post-Accident Journal: How To Use It

Has your life undergone significant changes since the accident? Numerous occurrences follow an accident, making it nearly impossible to retain all the details. Moreover, the shock, grief, and surge of adrenaline that often accompany a severe injury can cause memories of the event to fade or distort over time.

Given that insurance claims and legal proceedings rely on factual information, it is crucial to preserve even the smallest particulars surrounding the accident or injury. Doing so will contribute to building a stronger case for compensation in the future and alleviate the burden on yourself, allowing you to concentrate on your recovery.

To ensure that no vital details from the accident and your post-accident healing process slip your mind, utilize this journal diligently. Dedicate time to it every day and remain persistent, refusing to give up.



Daily Post-Accident Updates Journal

How would you describe your feelings today?

1

2

3

4

5

Date: _____

Pain location: _____

Current symptoms: _____

Activities that trigger pain: _____

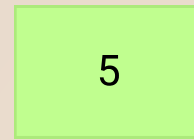
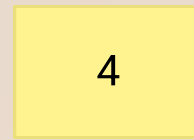
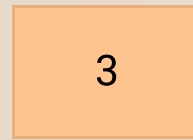
Current symptoms: _____

Activities that trigger pain: _____

Additional notes: _____

Weekly Post-Accident Updates Journal

How would you describe your feelings today?



Week: _____

Date and time	Pain location	Symptoms	Pain severity	Trigger	Medications used	Notes

Monthly Post-Accident Updates Journal

How would you describe your feelings today?

1
 2
 3
 4
 5

Month: _____

Type of pain / pain location	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Headache																															
Head																															
Back																															
Nausea																															
Tailbone																															
Wrist																															
Foot																															
Hip																															
Hand																															
Burns																															
Shoulder																															
Elbow																															
Ankle																															
Collarbone																															
Chest																															
Knee																															
Ribs																															
Muscles																															
Neck																															

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