

How To Use This Post-Accident Journal

How has your life changed since your accident?

So much happens after an accident that remembering it all is impossible. What's more, the shock, grief and adrenaline that often occurs following a serious injury can make memories of the event fade or warp over time.

Since insurance claims and lawsuits operate on facts, it is important that even the smallest details surrounding an accident or injury are preserved. This will help build a stronger case for compensation later on, and it will take the stress off of you so that you can focus on healing.

Use this worksheet so that you don't forget any important details from your accident and post-accident recovery. Keep at it every day, and don't give up!



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Which Journal Should I Use?

This packet includes daily, weekly, and monthly options for tracking your pain and recovery:

- Daily – Best for the most detail-oriented clients or those with changing symptoms. Provides the strongest evidence for your case.
- Weekly – A good option if daily feels overwhelming. Still gives a reliable picture of how your injuries affect you.
- Monthly – A high-level summary for those who prefer simplicity. Better than no tracking at all.

👉 We recommend daily journaling whenever possible, but choose the format you'll actually keep up with. Consistency matters more than perfection.

MONTHLY POST-ACCIDENT JOURNAL

Month and year: _____



1-2
No pain



3-4
Mild



5-6
Moderate



7-8
Severe pain



9-10
Extreme

Type/location of pain	Days of the month																														
	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
Head																															
Headache/migraine																															
Neck																															
Back (upper)																															
Back (middle)																															
Back (lower)																															
Collarbone																															
Shoulder																															
Elbow																															
Wrist																															
Hand																															
Chest																															
Torso/Ribs																															
Hip																															
Tailbone																															
Knee																															
Ankle																															
Foot																															
Muscles																															
Numbness																															
Stiffness																															
Tingling																															
Fatigue																															
Nausea																															
Bruising																															
Burns																															