

400-275 Lawrence Avenue
Kelowna, B.C. V1Y 6L2
Tel: 250.762.4222
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Website: www.fhplawyers.com



Personal Injury Journal

This Personal Injury Diary is designed to help you keep an accurate record of important details. When properly used, it will assist your FH&P Lawyers team in protecting your rights and pursuing a fair settlement.

If you enter the facts, figures, dates and other information in the appropriate pages of this journal, you and your lawyer will have a permanent record of vital details necessary to determine the just value of your injury case. You will not have to rely upon your memory to recall important information at some later date.

Please make your entries as soon as possible. Delay may cause you to forget. Be accurate and use as much space as you need. Bring your Diary-Journal with you each time you come to the office. If you are unable to come to the office please mail your Diary-Journal to the office along with bills, receipts, cancelled checks or other written proof of the obligation or the payment of it. This Journal is being made in the contemplation of litigation and as a result is private and confidential as well as being subject to Litigation Privilege.

IMPORTANT INFORMATION

Things You Must Not Do!

- Never discuss your case with strangers, insurance adjusters or other curious people in person or by telephone.
- Never permit the tape recording of your voice by anyone (insurance adjusters, the person who caused your injury, or others) without first obtaining permission from your lawyer.
- Never sign your name to, or initial any papers without first consulting with your lawyer.
- go to traffic court civil court or any proceedings without first consulting with your lawyer.
- your lawyer and report any changes in your telephone number, address or place of employment, changes in your condition, other injuries; attempts by others to obtain your signature, initials or other information. Get the name, address, and telephone number of any such person, and advise your lawyer of the information.

Things You Must Do!

- Call your lawyer if you have any questions about your case or want to make an appointment.
- Call your doctor if you have pain or discomfort.
- Send all bills, receipts to your lawyer promptly after entering the data in this Journal.
- Provide your lawyer with the names, addresses and phone numbers of any witnesses to your injury.

LOST WAGES, INCOME, OR PROFIT LOSS

Keeping an accurate record of the time you lose from your work, your business or profession is extremely important in both determining the value of your case and in recovering what you are entitled to from ICBC. Note every absence even if you are paid. Provide the reason for your absence.

DATE	DAY	REASON FOR ABSENCE	AMOUNT

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PAIN DIARY

If you have pain or discomfort call or see your doctor and follow his instructions. Do not exaggerate or minimize your complaints. Make brief notes in this section - they will be discussed in detail when you visit your lawyer. To help us keep track of how well your pain management is working, please record your pain level every day. Also, indicate how pain has affected you daily activities, if at all. Also include: Where it hurts? (Location) How does the pain feel? (Hint: burning, stabbing, sharp, aching, throbbing, tingling, etc.) Bring this diary with you to your next appointment or mail it back in to the office, so that we can keep track for your personal injury claim.

Pain Diary for the week of _____

	Day_____	Day_____	Day_____	Day_____	Day_____	Day_____	Day_____
10 Worst Pain							
9							
8							
7							
6							
5							
4							
3							
2							
1 No Pain							
Description of Pain/How pain affected you							

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HOSPITALIZATION

Include first-aid, in-patient and out-patient care. Enter any costs associated with your treatment.

ADMITTED ON	HOSPITAL AND LOCATION	SPECIAL SERVICE	DISCHARGED ON	AMOUNT

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DOCTORS /SURGERY

Make entries here when you visit the doctor or attend a hospital. If you receive a bill, record the amount. Get taxicab or parking lot receipts. When you use your own car, note the round-trip mileage.

DATE	TRAVEL COST	DOCTOR	ADDRESS/PHONE	TREATMENT	AMOUNT

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THERAPY TREATMENTS

Make entries here when you visit your speech therapist, occupational therapist, physical therapist, acupuncture, chiropractor, massage therapist, etc. or if he or she comes to your home. Leave the space marked "amount" blank until you receive a bill. Get taxicab or parking receipts. When you use your own car, note the round trip mileage.

DATE	TRAVEL COST	THERAPIST	ADDRESS/PHONE	TREATMENT	AMOUNT

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DRUGS AND APPLIANCES

Make entries for prescription and non-prescription drugs and medicines; aspirin, bandages, heating pads and other medical supplies. Enter bills for the rental of crutches, wheelchairs, and other equipment. Always ask for a sales receipt.

DATE	STORE & ADDRESS	DOCTOR	NAME OF ITEM	DOSAGE	AMOUNT

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OTHER EXPENSES

Always ask for and get a sales receipt or invoice for items purchased and services rendered. List everything that may pertain to your case - your lawyer will check this list carefully for improper items. Types of expenses to enter here include ambulance service, nurses (registered and practical), household help, damage to your personal property, the deductible portion of your insurance coverage, and other related losses.

DATE	EXPLANATION	AMOUNT

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