



PATINO LAW FIRM  
INJURY ATTORNEYS  
DUTY COMPASSION JUSTICE

# How to Use Your Pain Journal

When you're injured in an accident that wasn't your fault, and you're considering — or in the process of — filing a personal injury claim, it's vital to keep track of everything.

A personal injury journal can help you track your progress and is an essential piece of evidence you can rely on to prove your injuries and their impact on your life.



# There are four basic forms included in your personal injury journal template:

1

## THE ACCIDENT OVERVIEW

This is the first page you'll fill in and allows you to document the facts of your accident, including when it happened, how it happened, the immediate injuries you sustained, and who else was at the scene.

There's also a larger space here for you to write as much as you like, whether you prefer to jot down bullet points about what you can remember or write in a longer, more stream-of-consciousness style.

2

## PAIN AND SYMPTOMS

This page asks you to document your injuries and symptoms and how much pain or discomfort they cause. You can assign each injury or symptom a pain score out of 10, allowing you to monitor progress over time. You should also write notes as detailed as possible about where the pain is, how it affects or limits you, and how often it occurs. If you experience new symptoms over time, such as tingling in your limbs after a shoulder accident, write them down along with the date you first started experiencing them.

3

## WEEKLY AND DAILY LOGS

These two forms are designed to supplement the Pain and Symptoms journal, where you can record how you feel each day and week. You should include the medication you're taking, how often and how much, the exercises (such as physical therapy) you're doing, if they cause you pain, and your activities. You can also use these forms to document whether or not you're able to return to work, which can help your accident attorney recover the lost wages you're entitled to. If you can return to work, you should continue

using these forms to note if you're limited to specific activities and whether your symptoms get worse. We recommend recording your injuries and their impact as soon as possible after your accident. Make an entry whenever you have something to add. This might be daily, such as every time you discover a new way your injuries limit what you can do, or weekly. Remember: This diary may be read by others as part of your case, including by doctors or attorneys. Aim for detailed and accurate descriptions, and try not to censor yourself.

You can print this entire ebook or only the pages you need. We've included one daily entry and two weekly logs, but make as many copies as you need to log your progress.

It can be helpful to keep these pages where you will remember to fill them out, such as on a coffee table in your living room or at your bedside for you to fill in before you sleep. Getting into the routine of logging your pain, symptoms, and injuries may be easier if you set aside a specific time during the day.



# The Accident Overview

Your Name \_\_\_\_\_

Date \_\_\_\_\_



## Don't overthink it or censor yourself!

The more information you can provide, the better. Even details you don't think are worth mentioning could prove highly relevant to your personal injury claim, so if in doubt, write it down.

Crash Date \_\_\_\_\_

Crash Time \_\_\_\_\_

# About You

Your Car Registration \_\_\_\_\_

Car Details (make, model, color, etc.) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Was there anyone else at the scene?

Witness     Driver

Name \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact number \_\_\_\_\_

Registration and Car details (if applicable)  
\_\_\_\_\_  
\_\_\_\_\_

# Your injuries

Example:    Left wrist    Deep cut resulting in bleeding  
                  Location                   What happened?

## Injury 1

Location \_\_\_\_\_

What happened? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Injury 2

Location \_\_\_\_\_

What happened? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Injury 3

Location \_\_\_\_\_

What happened? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Injury 4

Location \_\_\_\_\_

What happened? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Additional Notes

Feel free to use this space to document anything else about your accident, including additional injuries or your perspective on how the accident happened.

# Your Pain and Symptoms



Use this form to document your symptoms and how much pain they cause you.

Your Name \_\_\_\_\_

Date \_\_\_\_\_

If you need to go into more detail, use the weekly or daily log. You should return to this page regularly to document any new symptoms you experience. For example, you might have a broken arm that causes you pain and have surgery, but you then might experience a burning pain down your wrist when you pick up an object, such as a cup of coffee. Make sure you write this down!

<b>Symptoms</b> What symptom are you experiencing? (E.g. pain, insomnia, anxiety, etc.)	<b>Details</b> Explain the symptom in more detail (e.g. pain in the left shoulder, trouble falling asleep/staying asleep, nervous about leaving house, etc.)	<b>Severity out of 10</b> Assign how badly it affects you out of 10, with a one having a minor impact (such as a mild headache) and 10 being severe pain or impairment.	<b>First Noticed</b> When did you first notice the symptom? (Try to add specific dates if possible)	<b>Activities Affected</b> How does this symptom affect you? (E.g. Does pain stop you from lifting your grandchildren? Does anxiety prevent you from seeing friends and family?)	<b>Timing</b> How often or for how long do you experience this symptom? (E.g. 1-2 hours, every night, when lying down, after strenuous activity, etc.)

Symptoms	Details	Severity out of 10	First Noticed	Activities Affected	Timing



# Weekly Log

Your Name \_\_\_\_\_

Date \_\_\_\_\_



Use this form to document your weekly progress.

This gives you a high-level overview of your week, including any medications you're taking and treatment you have, communications with attorneys or insurers, and how your injuries impact you. As you document your symptoms and what triggers them, you'll build up a solid picture of how your injury has impacted you over the long term, which can be valuable evidence for your personal injury claim. Try to be brief here — you can include details in your daily log.

Day	Symptoms and Details	Severity out of 10	Triggers <small>When did you notice the symptom/pain?</small>	Activities Affected	Medication	Able to Work? <small>(Yes/No)</small>	Medical Visits/ Communications
Sunday							
Monday							
Tuesday							

Day	Symptoms and Details	Severity out of 10	Triggers <small>When did you notice the symptom/pain?</small>	Activities Affected	Medication	Able to Work? <small>(Yes/No)</small>	Medical Visits/ Communications
Wednesday							
Thursday							
Friday							
Saturday							



Your Name \_\_\_\_\_

Date \_\_\_\_\_

Day	Symptoms and Details	Severity out of 10	Triggers When did you notice the symptom/pain?	Activities Affected	Medication	Able to Work? (Yes/No)	Medical Visits/ Communications
Sunday							
Monday							
Tuesday							
Wednesday							

Day	Symptoms and Details	Severity out of 10	Triggers <small>When did you notice the symptom/pain?</small>	Activities Affected	Medication	Able to Work? <small>(Yes/No)</small>	Medical Visits/ Communications
Thursday							
Friday							
Saturday							

# Additional Notes

Your Name \_\_\_\_\_

Date \_\_\_\_\_

If there's anything else you'd like to record, please use this additional space.

You can print out as many additional notes pages as you'd like.

# Get Support with Your Personal Injury Claim

We hope you find this personal injury journal valuable. If you have any questions about keeping a personal injury journal or if you need help with your personal injury claim, contact our [personal injury attorneys in Texas](#) today. We have offices in McAllen and San Antonio, but we can also come to you. Our personal injury lawyers handle all types of personal injury claims, from car and truck accidents to slips and falls and work injuries.

For a free, no-obligation case review to find out if you have a claim, visit our website or call [855-LAW-NINJA](#).



Book a Free, No-Obligation Consultation  
with Our Personal Injury Lawyers in Texas.

Call Right Now

You can reach us 24/7

Fill Out Form

Take less than a minute

