

**Sample Diary page:**

Date: \_\_\_\_\_

Description of Pain/Injury:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Medication Taken:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Medication Expense:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Doctor/Therapists/Hospitals expense: \_\_\_\_\_ Missed Hours at Work \_\_\_\_\_

Activities You Can Do But Hurt:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Activities You Missed or Could Not Do Due to your Injuries:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Expenses incurred to do things that you could not do for yourself. (Ex: you had to hire someone to cut the lawn, because you couldn't do it yourself. Hiring a housecleaner to help with household chores because you could not do them alone. A taxi to drive your children to school because you could not). Enter activity and dollar amount paid.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_