



Personal injury diary

If you intend to make a compensation claim against a person or organisation who was responsible for an accident in which you were injured, this diary will help you keep a record of how you have been affected by the accident and your injuries.

Record your symptoms as they develop day by day, and then as you recover. Record the name and dosage of any medication you take and any treatment you receive. Also keep a record of doctor's appointments and any expenses you incur, including phone calls, prescription costs, taxi fares etc.

You should also record days taken off work (and any loss of earnings). You are also entitled to be compensated for the effect the accident has had on your day to day activities (this is called 'loss of amenity'), so keep a record of things that you are not able to do, eg: wash and dress, play football, go to the cinema, do the gardening etc.

YouClaim customers

If you are pursuing your personal injury claim with YouClaim, we will arrange for you to see an independent doctor, approximately 3/6 months following your accident (timing depends on the extent of your injuries and rate of recovery). The appointment will be at a clinic or hospital close to where you live. You will be asked questions about the accident and your injuries, and the doctor will write a report which will help determine the right amount of compensation you should receive. **Please show your diary to the doctor at this appointment.**

Keep your records under the following sections:

- Doctor's appointments, treatment, hospital admissions
- Costs and expenses
- Travelling expenses (petrol, taxis etc.)
- Diary of injuries and recovery
- Days off work and any loss of earnings

You should continue with your diary until you feel fully recovered or until you have attended your medical appointment.

Name:

Address:

Date of accident:

Time of accident:

Place of accident:

Doctor's appointments, treatment, medication taken

Please record all appointments attended, treatment received, the time and place, the name of the consultant and any medication given.

<p><i>Example</i> Date: 03/12</p>	<p><i>1/2 hour with osteopath, Mr Page, 15 Orchard Street, Bristol. £25, receipt obtained.</i> <i>2 Nurofen tablets taken every 4 hours as recommended by GP</i></p>
<p>Date:</p>	
<p>Date:</p>	
<p>Date:</p>	
<p>Date:</p>	
<p>Date:</p>	

Please photocopy or print additional pages as needed



Your injuries and recovery, and their effect on your daily activities

Please record how your injuries are affecting you each day. Note symptoms as they develop, how you recover and the effect your injuries are having on your daily activities.

Date:	
Date:	
Date:	
Date:	
Date:	
Date:	
Date:	
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Date:	
Date:	
Date:	

Please photocopy or print additional pages as needed



Out of pocket expenses

*Please record all out of pocket expenses incurred as a result of your accident.
Obtain receipts where possible.*

Receipt obtained?

Yes/No

Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		

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Loss of earnings

Please record days taken off work, and any loss of earning

Date:	Hours unable to work: Amount lost: £
Date:	Hours unable to work: Amount lost: £
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