Arash Law

INJURY LAWYERS • CLIENT RESOURCE

Example Activity-Impact Diary

Use this sample guide to document how your injuries affect daily activities, the assistance required, and supporting evidence for your claim.

Why keep a diary? Tracking daily lifestyle changes, limitations, and corroborating records provides critical evidence when demonstrating the full impact of your injuries to insurers or the legal team.

DATE	ACTIVITY	OBSERVED CHANGE	FREQUENCY	ASSISTANCE NEEDED	AVAILABLE CORROBORATION
Oct. 5	**Grocery shopping**	Ordered groceries instead of visiting the store	Twice this week	None	Order confirmation
Oct. 8	**Family gathering**	Declined an invitation I would usually accept	Once	None	Invitation message
Oct. 12	**Medical appointment**	Asked a relative to accompany me	One appointment	Relative came along	Appointment confirmation
Oct. 15	**Preparing meals**	Prepared fewer meals than usual	Three evenings	Family member helped	Personal notes