



Family Injury Documentation Journal

Instructions: This journal is designed to help families track an injury's impact over time. Documenting medical visits, symptoms, and emotional well-being is crucial for both recovery and any legal claims. Keep this journal updated and share it with medical providers and legal representatives as needed.

Section 1: Injury & Incident Details

This section provides space to record essential details about the injury, including where and how it happened. This information will be important when speaking with doctors, insurance companies, and legal professionals.

- **Name of Injured Person:** _____
- **Date of Injury:** _____
- **Location of Incident:** _____
- **Type of Injuries (e.g., fracture, concussion, soft tissue damage):**

- **Brief Description of What Happened:**

- **Were Emergency Services Involved? (Y/N) _____ :** _
- **Police Report Filed? (Y/N & Report # if available):**
- **Witnesses (Names & Contact Info):**

Section 2: Medical Treatment & Progress

Tracking medical visits and treatments helps ensure consistency in care and supports insurance claims and legal cases. Keep detailed records of doctor visits, prescribed treatments, and symptoms to monitor recovery progress.

Doctor & Hospital Visits

Keeping a record of all medical visits is crucial for tracking recovery and for legal or insurance claims. Use this table to document each visit, including any follow-ups or prescribed treatments.

Date	Doctor/Hospital Name	Treatment Given	Follow-Up Required (Y/N)	Prescribed Medications/Therapy

Symptoms & Recovery Tracking

Tracking symptoms over time is essential for understanding the injury's impact on daily life. This section allows you to record changes in pain levels, emotional well-being, and physical limitations, which can be useful for both medical professionals and legal purposes.

Date	Pain Level (1-10)	Symptoms	Emotional Well-Being	Limitations (e.g., can't walk, trouble sleeping)

Section 3: Impact on Daily Life

Injuries can affect daily routines, school, work, and emotional well-being. Documenting these changes can help illustrate the full impact of the injury for medical providers, educators, and legal professionals.

- **Missed School/Work Days:** _____
- **Activity Limitations (e.g., no sports, restricted movement):**

- **Changes in Mood or Behavior (e.g., increased anxiety, frustration, sadness):**

- **Additional Support Needed (e.g., therapy, tutoring, home accommodations):**

Section 4: Insurance & Expenses

Medical care and recovery often come with significant costs. This section helps track medical bills, out-of-pocket expenses, and communication with insurance providers, ensuring financial clarity and maximizing claim potential.

Medical Bills & Expenses

Date	Service Provider	Treatment	Cost	Insurance Coverage	Out-of-Pocket Costs

Insurance Communications

Communicating with insurance companies can be a complicated process, and keeping detailed records of every interaction is essential. This section allows you to document your conversations with insurance representatives, track coverage details, and note any disputes or required next steps.

Date of Contact	Representative Name & Contact Info	Type of Insurance (PIP, Property, UIM, 3rd Party, etc.)	Summary of Conversation (e.g., claim status, coverage details, disputes)	Next Steps Required by Insurance

Section 5: Legal

Legal considerations can arise following an injury. This section helps keep track of legal contacts, deadlines, settlement offers, and next steps to stay organized throughout any potential legal proceedings.

- **Attorney Contact Info (if applicable):**

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- **Legal Deadlines to Be Aware Of:**

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- **Settlement Offers (if any):**

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- **Next Steps in Legal Process:**
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Final Notes:

- Keep copies of medical records, insurance correspondence, and receipts.
- Update this journal regularly to ensure an accurate record of the injury's impact.

Need Legal Guidance? We're Here to Help

- If your family is dealing with the aftermath of an injury, you don't have to navigate the legal and insurance process alone. At **Scott & Scott, PLLC**, we specialize in helping families secure the compensation and support they need.
- 📞 **Call us today for a free consultation: 206-622-2200**
✉️ **Email us at info@scottlawseattle.com**
🌐 Visit our website to learn more: www.scottlawseattle.com
- Let us help you protect your family's future while you focus on healing.