

# Car Accident Injury & Pain Journal

A consistent daily record is some of the most persuasive evidence in a pain-and-suffering claim. Fill in one entry every day for 30 days.

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## How to use this journal

- Write an entry every day — consistency matters more than length.
- Be specific and factual: rate pain, note symptoms, list what you couldn't do.
- Record missed work and missed activities (the things you used to enjoy).
- Never exaggerate. Honest, steady entries are far more credible.
- Keep it private; bring it to your attorney if you hire one.