



WHAT DO I DO AFTER A CAR CRASH OR CATASTROPHIC SLIP AND FALL?

GOODROW LAW OFFICE'S RULE #6: KEEP A JOURNAL!

It is important in your case to be able to show the judge exactly how your (your loved one's) disability affects you daily. Therefore, it is **VITAL** that you keep a diary for a **MINIMUM** of 120 days. Enter information every single day for the 120-day period. Keeping the diary for a longer period could be very beneficial. Please write in only your actual symptoms (or, if you are a family member, your actual observations). Please do not exaggerate, as that could be harmful to the case. If you are (or your loved one is) having a "good" day, please document that as well.

Below is an example of a diary format. Please send the diary directly to us at the end of each 30-day period. You can email it (putting your name (or your loved one's name) in the "subject" line of the e-mail), mail it, fax it, or hand-deliver it to us. It is **important** that we receive this information at the end of each 30-day period, as there are deadlines we must follow in providing this material as evidence in the case. We have extra copies of this form available upon request, or you can download the form on our website at www.goodrowlaw.com.

Plaintiff

Individual **completing** **the** **diary**

Relationship **to** **plaintiff**

DATE _____

MORNING:

AFTERNOON:

EVENING:



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Jennifer Amos

3 reviews



★★★★★ 3 weeks ago

Mr. Goodrow is the absolutely the best lawyer! He works closely with his clients to ensure we receive the maximum benefits that are due to his client. I've worked with Mr. Goodrow on two cases and both resulted in a possessive out come. He's very professional and patient even when you cases may be an up hill battle. He gives excellent straight to the point advice. I would definitely go with Mr. Goodrow offices again, and I would recommend it in a heartbeat to anyone who is looking for excellent representation.

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