

**INSTRUCTIONS:** It is important in this case to be able to show the judge exactly how your (your loved one's) disability affects you on a daily basis. Therefore, it is **VITAL** that you keep a diary for a **MINIMUM** of 30 days. Enter information every single day for the 30-day period. Keeping the diary for a longer period of time 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 conclusion of each 30-day period. You can e-mail 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](http://www.goodrowlaw.com) after March 2018.

**Plaintiff** \_\_\_\_\_

**Individual completing the diary** \_\_\_\_\_

**Relationship to plaintiff** \_\_\_\_\_

**DATE** \_\_\_\_\_

**MORNING:** \_\_\_\_\_

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**AFTERNOON:**

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**EVENING:**

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**NIGHT:**

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