

STALKING INCIDENT LOG

Because the crime of stalking takes place over a period of time, one of the most important things you can do is to keep a detailed log of the incidents that have been happening to you. The log below is designed to help you keep track of these details. Even if you are not interested in pursuing criminal charges right now, maintaining a log will be beneficial and may aid law enforcement if the behaviors increase or get worse in the future. Log all activities that may be related to stalking. These activities can be direct and clearly related, or incidents that are unusual, not readily explainable. Be sure to include a detailed statement about how the occurrence impacted you.

[illegible]