



## 1. Physical Impacts

- Note days when pain limits your movement or stamina.
- Record difficulty performing daily tasks (e.g., dressing, bathing, cooking).
- Track sleep quality – note any nights you wake from pain or cannot rest comfortably.
- Log mobility issues such as needing assistance, using mobility aids, or taking longer to get around.
- Record medical treatments and recovery setbacks.

## 2. Emotional and Cognitive Changes

- Describe mood changes such as frustration, sadness, anxiety, or irritability.
- Note memory or concentration issues, especially after head injuries.
- Record emotional triggers (e.g., fear of re-injury, embarrassment about physical limitations).
- Reflect on how your personality, motivation, or relationships are affected.

## 3. Loss of Enjoyment or Missed Activities

- List activities or hobbies you can no longer enjoy or must modify (e.g., sports, travel, gardening).
- Record social events missed because of pain or fatigue (e.g., birthdays, family outings).
- Include choices you have to make that reflect the injury's trade-offs (e.g., skipping your grandchild's game to rest).

## 4. Work and Daily Functioning

- Track missed workdays or reduced productivity.
- Note instances where you need help doing routine tasks (household chores, driving).
- Document any changes to your role or physical capacity at work.

## 5. Medical and Legal Coordination

- Record doctor visits, therapy sessions, and prescribed medications.
- Write down professional recommendations (from doctors, physical therapists, psychologists).
- Include how long and how often you perform medical exercises or treatments.





