

DIARY

INSTRUCTIONS: Please note that it is important in your case to be able to show the judge exactly how your 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 only write in your actual symptoms. Please do not exaggerate as that could be harmful to your case. If you are having a “good” day, please document that as well.

Below is an example of a diary format. Please send the diary to us at the conclusion of each 30 day period. You can email it (putting your name in the “subject” line of the email), 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 to we must follow in providing this material as evidence in your case. Feel free to have family members keep this diary as well, documenting what they observe and how it affects them. We have extras available or you can download the form on our website at www.ocalaw.com

SAMPLE DIARY: NOTE: This is a sample only, to show

Morning:

Could not sleep all night. Got out of bed at 3:00 am and sat in recliner as it was more comfortable. I had to use a cane to get from the bed to recliner. Fell in the bathroom.

Got out of bed at 8:00 am. Made coffee but right arm weak and dropped the coffee cup and broke it. Cried this morning for 10 minutes...not sure why.

Tried to balance my checkbook but got frustrated because I could not concentrate and had to stop. Took a nap at 10:00 a.m. for 2 hours and felt a little better. Took a pain pill.

Afternoon:

Pain pill made me tired and I took another nap for about an hour. Woke up and right arm was swollen and legs felt weak but decided to take a walk. I made it ½ a block and had to run around and go home because I was too tired to go further.

Went to get the paper and got short of breath at the mailbox, which was 20 feet from my door.

Tried to vacuum the living room (10 x 15 room), and was exhausted after 3 minutes and had to stop.

