

ATTORNEY CLIENT COMMUNICATION

The following is a list of personal body functions/activities, which may or may not have been affected by the personal injuries, which you incurred. These body functions/activities will be considered in the Court's determination as to whether you incurred a serious injury and whether or not the injuries have caused you to have a change in lifestyle.

Please review these in detail and circle those body functions/activities, if any, which your injuries have resulted in impairments. Please bring this with you to your deposition and be prepared to testify on them during the deposition.

PHYSICAL FUNCTIONS

Standing
Squatting
Bending to Side
Holding
Climbing
Sitting
Getting Up
Scratching
Standing on One Foot
Hopping
Jumping
Eating
Chewing
Stand on Your Toes
Smelling
Running
Other _____

Crouching
Bending Over
Lifting
Kicking
Twisting
Lying Down
Stretching
Touching Toes
Doing a Handstand
Skipping
Drinking
Smoking
Whistling
Tasting
Walking
Crawling

EMOTIONAL/PSYCHIATRIC

Depression	Anxiety
Memory Loss	
Confusion	
Irritability	Short Temper
Loneliness	Delay
Anger	Isolation
Suicidal	Fear
Preoccupied	Self-Doubt
Nightmares	Worried
Hearing Loss	Obsessed
Balance Problems	Sweats
Flashbacks	Visual Problems
Spelling Problems	Lack of Coordination
Lack of Sexual Interest	Can't Find Right Word
Insecurity	Phobias
Humiliation	Impotence
Scarring	Embarrassment
Other _____	Paranoia

PERSONAL ACTIVITIES

Bathing	Showering
Shampooing	Shaving
Brushing Teeth	Flossing
Toilet Care	Combing or Brushing Hair
Cutting Toe Nails or Finger Nails	Applying Makeup
Gargling	Cleaning Ears
Putting on Clothes	Applying Deodorant
Buttoning	Tying Shoes
Cutting Food	Zippering
Swallowing	Chewing
Tying a Tie	Writing
Applying Hair Treatments	Putting on Cufflinks
Putting on Nail Polish	Putting on Bracelets, Watches
Putting Rollers in Hair	Necklaces
Unscrewing jars & bottles	Using Hair Dryer
Opening Pop Top Cans	Climbing Stairs
Other _____	Driving Stick Shift

SPORTS, RECREATION & HOBBIES

Archery
Horseshoes
Softball
Baseball
Football
Running/Jogging
Walking
Bowling
Snow Skiing (Downhill)
Skiing (Cross Country)
Swimming
Bowling
Golf
Tennis
Hunting
Walking
Aerobics
Weight Lifting
Biking
Camping
Horse Riding
ATV Riding
Badminton
Basketball
Squash
Racquetball
Parachuting
Climbing
Ice Hockey
Ice Skating
In Line Skating(Rollerblading)
Rafting
Canoeing
Snowmobiling
Jet Skiing
Cricket
Platform Tennis
Wrestling
Surfing
Boogie Boarding
Snowboarding
Fishing
Bird watching
Other _____

Painting
Reading
Meditating
Camping
Volleyball
Paddleball
Handball
Paragliding
High Jumping
Discus Throwing
Javelin Throwing
Shooting
Rugby
Bungee Jumping
Frisbee Throwing
Sailing
Motorcycling
Darts
Pool
Scuba Diving
Snorkeling
Sit-ups
Pushups
Yoga
Building Models
Martial Arts
Street Hockey
Stickball
Soccer
Gymnastics
Getting In and Out of Boat
Windsurfing
Horseshoes
Use a Pogo Stick
Sewing
Crocheting
Quilting
Quoits
Snowshoeing
Knitting
Collecting Coins, Stamps, Cards
Hiking

SOCIAL ACTIVITIES

Dancing
Going to Antique Shows
or Flea Markets
Eating Out
Sightseeing
Going to the Library
Going to the Zoo
Going to a Museum
Going to a Parade
Walking
Driving Car
Holidays
- New Year's Eve
- New Year's Day
- Memorial Day
- Labor Day
- Yom Kippur
- Rosh Hashana
- Easter
- Hanukkah
- Christmas
- Halloween
- Mother's Day
- Father's Day
- Thanksgiving
Other

Entertaining
Meeting New People
Cruises
Visiting Family
Going to Movies
Visiting a Battlefield
Going to Disney World
Visiting Friends
Going to Parties
Singing
Attending Church
Reading
Listening to Music
Shopping
Vacations
Going to Concerts, Games,
Events
Picnics
Going on Amusement Rides
Barbecue
Going to the Beach

WORK INSIDE THE HOME

Cooking

Stirring

Cutting

Basting

Pouring

Holding Pans or Pots

Setting Table

Slicing

Lifting

Inserting Leaves in Table

Taking Things Out of Freezer or Oven

Cleaning

Doing Dishes

Scrubbing Pans

Mopping

Vacuuuming

Dusting

Beating Rugs

Cleaning Floors

Changing Bed Linens

Sweeping

Cleaning Windows

Using a Dishwasher

Ladder Climbing

Putting Away Dishes

Carrying Loads of Laundry

Making Bed

Ironing

Cleaning Fans

Waxing Floors

Carrying Pails of Water

Raising & Lowering Windows

Folding Laundry

Other

Shampooing Rugs

Polishing

Cleaning Bathtub, Sink & Toilet

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HOUSE & YARD WORK

Mulching	Installing Shelves
Pushing Car Out of Snow	Fixing Clogged Toilet
Painting	Putting & Removing Items from
Spackling	Attic or Basement
Hanging Paintings	Fixing Leaks
Hammering	Using a Drill
Sawing	Scraping Walls
Mowing Grass	Putting up TV Antenna
Weeding	Getting on a Roof
Pruning	Pushing a Wheelbarrow
Fertilizing	Using a Screwdriver
Spraying	Using a Wrench
Taking Out Trash	Arranging Flowers
Watering Lawn	Stacking Wood
Planting Flowers or Shrubs	Putting in and Taking out
Digging	Air Conditioners
Shoveling Driveway & Walks	Putting in Anti-Freeze
Raking & Bagging Leaves	Filling Bird Feeders
Walking Dog	Hanging Curtains, Blinds
Feeding Dog	Putting in Storm Windows or
Mulching	Screens
Changing Oil in Car	Getting Mail
Changing Tires	Changing Batteries in Smoke
Washing Car	Alarms
Cleaning Interior of Car	Setting Clocks
Repairing Windows	Fixing Potholes in Driveway
Moving Furniture	Cutting Down Trees
Chopping Wood	Cutting Hay
Starting a Fire	Clearing Brush & Growth
Cleaning Gutters	Use a Chainsaw
Climbing a Ladder	Hooking up Stereos, TVS,
Installing Fire Alarms	Computers
Using Fire Extinguisher	Putting up Holiday Decorations
Gardening	Picking up Clothes, Toys, etc.
Changing Light Bulbs	Cleaning Pool
Tree Climbing	Splitting Wood
Tree Trimming	

Other _____

ACTIVITIES WITH CHILDREN

Birth

Carrying

Feeding

Bathing

Changing Diapers

Picking up After Them

Pushing Stroller

Hugging

Running After Them

Disciplining Them

Rocking Them

Washing Their Hands & Faces

Combing Their Hair

Drying Their Hair

Catching Bugs

Looking at Clouds

Tucking Them in Bed

Taking Them to Beach

Packing Lunches

Dressing Them

Cuddling Them

Other

Wrestling with Them

Putting Them on Shoulders

Carrying Them in a Backpack

Rocking

Playing with Them

Holding

Kissing

Teaching Them Sports & Activities

Driving Them

Giving a Bottle

Brushing Their Teeth

Shampooing Their Hair

Toweling Them Dry

Giving Piggy Back Rides

Taking Them to the Movies,

Sports, Parks, Amusements

Coloring & Painting with Them

Cooking with Them (Teaching
How)

Tying Children's Shoes

MISCELLANEOUS

Carrying Luggage
Driving a Car
Dialing a Telephone
Holding a Telephone
Pumping Gas
Using a Dictaphone
Feeding a Pet
Grooming & Washing Pet
Wrapping Presents
Carrying a Purse
Trying on Clothes
Getting up Early
Avoid Danger
Go Down a Slide
Use Crutches
Holding a Book, Newspaper
or Magazine
Holding a Mug
Carrying a Briefcase
Other

Sleeping
Getting In and Out of Car
Typing
Using a Channel Changer
Using a Computer
Walking on Ice or Uneven
Surfaces
Kneeling in Church or Synagogue
Carrying Groceries
Wearing High Heels
Carrying Umbrella
Staying Up Late
Put on and Wear Boots
Use a Swing
Use a Cane
Turning Lights On & Off
Winding a Watch
Changing Litter Box

INTER-PERSONAL

Sexual
Hugging
Caressing
Massaging
Touching
Kissing
Feeling Attractive
Flirting
Other

FINANCIAL

Making Money
Saving Money
Buying a House
Buying a New Car
Buying New Furniture
Buying New Clothes
Going Out to Dinner
Going on Vacation
Going to Movies, Plays, etc.
Putting Money Away for Children's Education
Funding an IRA
Pension Contributions
Paying for Health Insurance
Buying Household Goods and Furnishings
Buying Toys, Games, etc., for Children
Other _____

OTHER

Please list any other body functions and/or Activities Of Daily Living, which have been impaired as a result of the injuries you incurred.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.