

## **Plaintiff's Checklist of Activities Affected by the Injury**

Instructions to client: Use the following checklist to indicate the activities which have been substantially limited, impaired, or affected by your injury. After each activity you check, list the name or names of the best witnesses who can testify about how the injury has affected the activity. Remember, the best witness would be someone who is objective, impartial, and who has had the opportunity to observe you in the activity both before and after your injury.

### Affected Activity

### Name & Address Of Witness

- \_\_\_\_\_ archery
- \_\_\_\_\_ horseshoes
- \_\_\_\_\_ softball
- \_\_\_\_\_ baseball
- \_\_\_\_\_ football
- \_\_\_\_\_ running/jogging
- \_\_\_\_\_ walking
- \_\_\_\_\_ bowling
- \_\_\_\_\_ down hill skiing
- \_\_\_\_\_ cross country skiing
- \_\_\_\_\_ swimming
- \_\_\_\_\_ golf
- \_\_\_\_\_ tennis
- \_\_\_\_\_ hunting
- \_\_\_\_\_ aerobics
- \_\_\_\_\_ weight lifting
- \_\_\_\_\_ biking
- \_\_\_\_\_ camping
- \_\_\_\_\_ horse back riding
- \_\_\_\_\_ ATV riding

\_\_\_\_\_ badminton  
\_\_\_\_\_ basketball  
\_\_\_\_\_ squash  
\_\_\_\_\_ racquetball  
\_\_\_\_\_ parachuting  
\_\_\_\_\_ rock climbing  
\_\_\_\_\_ ice hockey  
\_\_\_\_\_ ice skating  
\_\_\_\_\_ roller skating  
\_\_\_\_\_ in-line skating (rollerblading)  
\_\_\_\_\_ rafting  
\_\_\_\_\_ canoeing  
\_\_\_\_\_ snowmobiling  
\_\_\_\_\_ jet skiing  
\_\_\_\_\_ cricket  
\_\_\_\_\_ table tennis  
\_\_\_\_\_ wrestling  
\_\_\_\_\_ wind surfing  
\_\_\_\_\_ surfing  
\_\_\_\_\_ boogie boarding  
\_\_\_\_\_ snow boarding  
\_\_\_\_\_ volleyball  
\_\_\_\_\_ paddle ball  
\_\_\_\_\_ handball  
\_\_\_\_\_ high jumping  
\_\_\_\_\_ discus throwing  
\_\_\_\_\_ javelin throwing  
\_\_\_\_\_ shooting  
\_\_\_\_\_ rugby  
\_\_\_\_\_ sit-ups

- \_\_\_\_\_ pushups
- \_\_\_\_\_ yoga
- \_\_\_\_\_ martial arts
- \_\_\_\_\_ street hockey
- \_\_\_\_\_ stickball
- \_\_\_\_\_ soccer
- \_\_\_\_\_ gymnastics
- \_\_\_\_\_ snow shocing

### Hobbies And Other Activities

- \_\_\_\_\_ using a pogo stick
- \_\_\_\_\_ sewing
- \_\_\_\_\_ crocheting
- \_\_\_\_\_ knitting
- \_\_\_\_\_ fishing
- \_\_\_\_\_ bird watching
- \_\_\_\_\_ painting
- \_\_\_\_\_ photography
- \_\_\_\_\_ playing musical instruments
- \_\_\_\_\_ reading
- \_\_\_\_\_ meditating
- \_\_\_\_\_ camping
- \_\_\_\_\_ paragliding
- \_\_\_\_\_ bungee jumping
- \_\_\_\_\_ Frisbee
- \_\_\_\_\_ sailing
- \_\_\_\_\_ motorcycling
- \_\_\_\_\_ darts
- \_\_\_\_\_ pool

- \_\_\_\_\_ scuba diving
- \_\_\_\_\_ snorkeling
- \_\_\_\_\_ building models
- \_\_\_\_\_ getting in and out of boats
- \_\_\_\_\_ collecting coins, stamps, cards

### Social Activities

- \_\_\_\_\_ dancing
- \_\_\_\_\_ going to antique shows
- \_\_\_\_\_ going to flea markets
- \_\_\_\_\_ eating out
- \_\_\_\_\_ sightseeing
- \_\_\_\_\_ going to the zoo
- \_\_\_\_\_ going to museums
- \_\_\_\_\_ going to parades
- \_\_\_\_\_ going to the library
- \_\_\_\_\_ walking
- \_\_\_\_\_ driving cars
- \_\_\_\_\_ entertaining
- \_\_\_\_\_ meeting new people
- \_\_\_\_\_ going on cruises
- \_\_\_\_\_ visiting family or friends
- \_\_\_\_\_ going to movies
- \_\_\_\_\_ visiting tourist attractions
- \_\_\_\_\_ going to amusement parks
- \_\_\_\_\_ going on amusement rides
- \_\_\_\_\_ going to parties
- \_\_\_\_\_ singing
- \_\_\_\_\_ attending church

- \_\_\_\_\_ listening to music
- \_\_\_\_\_ shopping
- \_\_\_\_\_ vacations
- \_\_\_\_\_ going to concerts
- \_\_\_\_\_ games
- \_\_\_\_\_ picnics
- \_\_\_\_\_ attending barbecues
- \_\_\_\_\_ going to the beach
- \_\_\_\_\_ New Year's Eve activities
- \_\_\_\_\_ New Year's Day activities
- \_\_\_\_\_ Memorial Day activities
- \_\_\_\_\_ Labor Day activities
- \_\_\_\_\_ Yom Kippur activities
- \_\_\_\_\_ Rosh Hashana activities
- \_\_\_\_\_ Easter activities
- \_\_\_\_\_ Hanukkah activities
- \_\_\_\_\_ Christmas activities
- \_\_\_\_\_ Halloween activities
- \_\_\_\_\_ Mother's or Father's Day activities
- \_\_\_\_\_ Thanksgiving Day activities
- \_\_\_\_\_ Independence Day activities
- \_\_\_\_\_ other holiday activities

### Work Around The House

#### Cooking

- \_\_\_\_\_ chopping
- \_\_\_\_\_ dicing
- \_\_\_\_\_ holding bowls

- \_\_\_\_\_ making cakes or cookies
- \_\_\_\_\_ stirring
- \_\_\_\_\_ basting
- \_\_\_\_\_ holding pans or pots
- \_\_\_\_\_ slicing
- \_\_\_\_\_ inserting leaves in table
- \_\_\_\_\_ canning
- \_\_\_\_\_ jarring
- \_\_\_\_\_ baking
- \_\_\_\_\_ pies
- \_\_\_\_\_ mixing
- \_\_\_\_\_ cutting
- \_\_\_\_\_ pouring
- \_\_\_\_\_ setting table
- \_\_\_\_\_ lifting
- \_\_\_\_\_ taking things out of freezer

### Household Chores

- \_\_\_\_\_ cleaning fans
- \_\_\_\_\_ carrying pails of water
- \_\_\_\_\_ folding laundry
- \_\_\_\_\_ shampooing rugs
- \_\_\_\_\_ polishing
- \_\_\_\_\_ cleaning bathtub, sink, toilet
- \_\_\_\_\_ painting
- \_\_\_\_\_ spackling
- \_\_\_\_\_ hanging paintings
- \_\_\_\_\_ hammering
- \_\_\_\_\_ sawing

- \_\_\_\_\_ taking out trash
- \_\_\_\_\_ walking dog
- \_\_\_\_\_ repairing windows
- \_\_\_\_\_ moving furniture
- \_\_\_\_\_ starting a fire
- \_\_\_\_\_ changing light bulbs
- \_\_\_\_\_ installing fire alarms
- \_\_\_\_\_ using fire extinguisher
- \_\_\_\_\_ moving items into and out of attic or basement
- \_\_\_\_\_ fixing leaks
- \_\_\_\_\_ using a drill
- \_\_\_\_\_ scraping walls
- \_\_\_\_\_ fixing clogged toilet
- \_\_\_\_\_ installing shelves
- \_\_\_\_\_ arranging flowers
- \_\_\_\_\_ putting in and taking out air conditioners
- \_\_\_\_\_ hanging curtains, blinds
- \_\_\_\_\_ putting in storm windows or screens
- \_\_\_\_\_ getting mail
- \_\_\_\_\_ changing batteries in smoke alarm
- \_\_\_\_\_ setting clocks
- \_\_\_\_\_ hooking up stereos, TVs, computers
- \_\_\_\_\_ putting up holiday decorations
- \_\_\_\_\_ picking up clothes, toys, etc.

#### Garden Chores

- \_\_\_\_\_ mulching
- \_\_\_\_\_ mowing grass
- \_\_\_\_\_ weeding

- \_\_\_\_\_ pruning
- \_\_\_\_\_ fertilizing
- \_\_\_\_\_ spraying
- \_\_\_\_\_ watering lawn
- \_\_\_\_\_ raking and bagging leaves
- \_\_\_\_\_ tree climbing
- \_\_\_\_\_ tree trimming
- \_\_\_\_\_ pushing a wheelbarrow
- \_\_\_\_\_ filling bird feeders
- \_\_\_\_\_ cutting down trees
- \_\_\_\_\_ cutting hay
- \_\_\_\_\_ clearing brush and growth using a chainsaw

#### Other Outdoor Chores

- \_\_\_\_\_ changing oil in car
- \_\_\_\_\_ changing tires
- \_\_\_\_\_ washing car
- \_\_\_\_\_ cleaning exterior or interior of car
- \_\_\_\_\_ chopping wood
- \_\_\_\_\_ cleaning gutters
- \_\_\_\_\_ climbing ladders
- \_\_\_\_\_ putting up TV antennas
- \_\_\_\_\_ climbing onto roofs
- \_\_\_\_\_ using tools, such as screwdrivers or wrenches
- \_\_\_\_\_ stacking wood
- \_\_\_\_\_ putting in anti-freeze
- \_\_\_\_\_ fixing potholes in driveway
- \_\_\_\_\_ cleaning pool
- \_\_\_\_\_ pushing car out of snow

\_\_\_\_\_ shoveling driveway

### Activities With Children

- \_\_\_\_\_ birth
- \_\_\_\_\_ carrying
- \_\_\_\_\_ breast feeding
- \_\_\_\_\_ bottle feeding
- \_\_\_\_\_ feeding them at the table
- \_\_\_\_\_ packing lunches
- \_\_\_\_\_ bathing
- \_\_\_\_\_ changing diapers
- \_\_\_\_\_ dressing them
- \_\_\_\_\_ washing their hands and faces
- \_\_\_\_\_ shampooing, combing or drying their hair
- \_\_\_\_\_ brushing their teeth
- \_\_\_\_\_ toweling them dry
- \_\_\_\_\_ teaching them
- \_\_\_\_\_ driving them
- \_\_\_\_\_ picking up toys
- \_\_\_\_\_ pushing strollers
- \_\_\_\_\_ picking up or hugging
- \_\_\_\_\_ chasing
- \_\_\_\_\_ disciplining
- \_\_\_\_\_ putting or carrying them on shoulders
- \_\_\_\_\_ carrying them in backpack
- \_\_\_\_\_ rocking them
- \_\_\_\_\_ tucking into bed
- \_\_\_\_\_ holding or kissing
- \_\_\_\_\_ playing

- \_\_\_\_\_ looking at clouds
- \_\_\_\_\_ taking to beaches or parks
- \_\_\_\_\_ wrestling
- \_\_\_\_\_ giving piggy back rides
- \_\_\_\_\_ taking them to the movies, sports, parks, amusements
- \_\_\_\_\_ coloring and painting with them
- \_\_\_\_\_ teaching them to cook
- \_\_\_\_\_ sports and activities

### Personal Activities

#### Personal Hygiene

- \_\_\_\_\_ toilet care
- \_\_\_\_\_ bathing
- \_\_\_\_\_ shampooing
- \_\_\_\_\_ brushing teeth
- \_\_\_\_\_ cutting toenails or fingernails
- \_\_\_\_\_ gargling
- \_\_\_\_\_ applying hair treatments
- \_\_\_\_\_ putting on nail polish
- \_\_\_\_\_ showering
- \_\_\_\_\_ shaving
- \_\_\_\_\_ flossing
- \_\_\_\_\_ combing or brushing hair
- \_\_\_\_\_ applying makeup
- \_\_\_\_\_ cleaning ears
- \_\_\_\_\_ applying deodorant

#### Dressing

- \_\_\_\_\_ putting on clothes
- \_\_\_\_\_ buttoning
- \_\_\_\_\_ tying a tie
- \_\_\_\_\_ tying shoes
- \_\_\_\_\_ zippering
- \_\_\_\_\_ putting on/taking off cuff links, bracelets, watches, necklaces,  
etc.
- \_\_\_\_\_ putting on and wearing boots

### Eating

- \_\_\_\_\_ chewing
- \_\_\_\_\_ swallowing

### Traveling

- \_\_\_\_\_ carrying luggage
- \_\_\_\_\_ driving a car
- \_\_\_\_\_ getting in and out of car
- \_\_\_\_\_ pumping gas
- \_\_\_\_\_ walking on ice or uneven surfaces

### Inter-Personal

- \_\_\_\_\_ sexual intercourse
- \_\_\_\_\_ kissing
- \_\_\_\_\_ feeling attractive
- \_\_\_\_\_ flirting
- \_\_\_\_\_ hugging

- \_\_\_\_\_ caressing
- \_\_\_\_\_ massaging
- \_\_\_\_\_ touching

### Physical Functions

- \_\_\_\_\_ standing
- \_\_\_\_\_ squatting
- \_\_\_\_\_ bending to the side
- \_\_\_\_\_ holding objects
- \_\_\_\_\_ climbing
- \_\_\_\_\_ sitting
- \_\_\_\_\_ getting up
- \_\_\_\_\_ scratching
- \_\_\_\_\_ standing on one foot
- \_\_\_\_\_ hopping
- \_\_\_\_\_ jumping
- \_\_\_\_\_ eating
- \_\_\_\_\_ chewing
- \_\_\_\_\_ standing on toes
- \_\_\_\_\_ smelling
- \_\_\_\_\_ running
- \_\_\_\_\_ crouching
- \_\_\_\_\_ bending over
- \_\_\_\_\_ lifting
- \_\_\_\_\_ kicking
- \_\_\_\_\_ twisting
- \_\_\_\_\_ lying down
- \_\_\_\_\_ stretching
- \_\_\_\_\_ touching toes

- \_\_\_\_\_ doing a handstand
- \_\_\_\_\_ skipping
- \_\_\_\_\_ drinking
- \_\_\_\_\_ smoking
- \_\_\_\_\_ whistling
- \_\_\_\_\_ tasting
- \_\_\_\_\_ walking
- \_\_\_\_\_ crawling

#### Emotional/ Psychiatric

- \_\_\_\_\_ depression
- \_\_\_\_\_ memory loss
- \_\_\_\_\_ confusion
- \_\_\_\_\_ irritability
- \_\_\_\_\_ loneliness
- \_\_\_\_\_ anger
- \_\_\_\_\_ suicidal thoughts
- \_\_\_\_\_ preoccupation
- \_\_\_\_\_ nightmares
- \_\_\_\_\_ hearing loss
- \_\_\_\_\_ balance problems
- \_\_\_\_\_ flashbacks
- \_\_\_\_\_ spelling problems
- \_\_\_\_\_ lack of sexual interest
- \_\_\_\_\_ insecurity
- \_\_\_\_\_ humiliation
- \_\_\_\_\_ scarring
- \_\_\_\_\_ anxiety
- \_\_\_\_\_ shortened temper

- \_\_\_\_\_ isolation
- \_\_\_\_\_ fear
- \_\_\_\_\_ self-doubt
- \_\_\_\_\_ worry
- \_\_\_\_\_ obsession
- \_\_\_\_\_ sweating
- \_\_\_\_\_ visual problems
- \_\_\_\_\_ lack of coordination
- \_\_\_\_\_ can't find the right word
- \_\_\_\_\_ phobias
- \_\_\_\_\_ embarrassment
- \_\_\_\_\_ paranoia

#### Miscellaneous

- \_\_\_\_\_ writing
- \_\_\_\_\_ dialing a telephone
- \_\_\_\_\_ holding a telephone
- \_\_\_\_\_ using a Dictaphone
- \_\_\_\_\_ feeding a pet
- \_\_\_\_\_ grooming and washing a pet
- \_\_\_\_\_ wrapping presents
- \_\_\_\_\_ carrying a purse
- \_\_\_\_\_ getting up early
- \_\_\_\_\_ avoiding danger
- \_\_\_\_\_ going down slides
- \_\_\_\_\_ using crutches
- \_\_\_\_\_ holding a book, newspaper, etc.
- \_\_\_\_\_ holding a mug
- \_\_\_\_\_ carrying a briefcase

- \_\_\_\_\_ sleeping
- \_\_\_\_\_ typing
- \_\_\_\_\_ using a channel changer
- \_\_\_\_\_ using a computer
- \_\_\_\_\_ kneeling to worship
- \_\_\_\_\_ carrying groceries
- \_\_\_\_\_ wearing high heels
- \_\_\_\_\_ carrying umbrellas
- \_\_\_\_\_ staying up late
- \_\_\_\_\_ using a swing
- \_\_\_\_\_ using a cane
- \_\_\_\_\_ turning lights on and off
- \_\_\_\_\_ winding a watch