



Your losses might include loss of earnings, medical costs, travelling/parking or even assistance from family members with household chores or caring for you. Please keep a record of any such expenditure.

**Loss of earnings**

Date first absent from work

Date returned to work

Details of any overtime/bonuses missed

**Out of pocket expenses**

Date	Description	Expenditure	Receipt (Y/N)

**Care & Assistance**

Date	Task undertaken	Time Spent