

**TRACKER · WHILE YOU TREAT**

OUT OF POCKET EXPENSE TRACKER

THE COSTS YOU WILL FORGET TO CLAIM.

Economic damages are the verifiable losses, and a receipt is the verification. Add each expense as it happens; a photo of the receipt in your phone counts. The total becomes a line in the demand, and none of it is recovered if nobody wrote it down. Start with the list of what people forget.

NINE COSTS PEOPLE FORGET TO CLAIM

- ☐ **Rides to appointments: Uber, Lyft, taxi, and parking**
Every trip to physical therapy, imaging, and the pharmacy. Keep the app receipts.
- ☐ **Mileage in your own car**
Date, destination, and miles for every medical trip. A note in your phone is enough.
- ☐ **Prescriptions and copays**
Pharmacy printouts list everything by date, on request.
- ☐ **Braces, ice packs, pain relievers, a wedge pillow**
The drugstore receipt is the proof.
- ☐ **Help you had to pay for: cleaning, lawn care, childcare, a dog walker**
Work you did yourself before the crash and could not do after. Household services are their own category of damages under the California jury instructions.
- ☐ **Meal delivery while you could not cook or shop**
Reasonable, documented, and tied to the injury.
- ☐ **Property damaged in the crash: phone, glasses, laptop, the child's car seat**
Car seat makers generally require replacement after a crash, and NHTSA says to replace one after any moderate or severe crash. Photograph the damage and keep the replacement receipt.
- ☐ **Clothing and shoes cut off by paramedics or ruined**
Photograph them before they are thrown away.
- ☐ **Deposits, tickets, and trips you had to cancel**
Nonrefundable, with the cancellation confirmation.

YOUR LOG

[illegible]

Saved on this device only. Print or text the tracker to bring it to your case review. General information, not legal advice for your situation.

Free case review: (424) 235-7879. No fee unless we recover. Case costs are disclosed in writing before we begin. Se habla español. The web version saves your progress: <https://www.wiseinjuryfirm.com/library/tools/expense-tracker/>

Written and reviewed by Josh Kohanim, Esq., California Bar No. 328609. Reviewed September 9, 2026. This website is for general information and is not legal advice. Contacting us does not create an attorney-client relationship, which is formed only by a signed written fee agreement. No attorney's fee unless we recover. Costs and expenses may apply and are disclosed in writing before representation begins. Prior results do not guarantee a similar outcome.

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