A FREE RESOURCE FOR VETERANS

Everyday Impact Worksheet

A place to remember your own experience

Use your own truthful details. Bring your notes to an appointment if helpful.

Date or approximate time: _____ Condition or symptom: _____

1 What happened?

2 What everyday activity did it affect?

3 How often does this happen and how long does it last?

4 What did you change, stop doing, or need help with?

Want more ways to keep your notes organized?

Explore Kevin Rodgers' 25-page Veteran Claim Toolkit on Etsy - $19.99.

View the Veteran Claim Toolkit on Etsy

This free worksheet is a separate resource, not a page from the paid toolkit.

This isn't a promise of a higher rating. It's a way to organize the information you want to bring to your VA claim.

Independent resource. Not affiliated with the VA. No legal or medical advice.