Message log

One row for every message, call or voicemail, in the order they happened. The log is an index to the messages, not a replacement for them: keep the originals on the phone and in a backup.

Your name: _____ **Other person:** _____

Their numbers or accounts: _____ **Case or matter (if any):** _____

Six rules that keep a log believable

1. **Write the entry the same day.** A log filled in from memory weeks later is the first thing anybody questions.
2. **Copy the words exactly, in quotation marks.** If you summarise instead, write "summary" in the Notes column.
3. **Write what happened, not what you think it meant.** "14 messages between 1:02 and 1:40 am" can be checked. "Harassed me all night" cannot.
4. **Log your own messages and calls too.** A log that shows only one side of a conversation gets asked what is missing.
5. **Never change an old entry.** If one is wrong, add a new row that says which entry it corrects and why.
6. **Keep the original.** Do not delete the conversation, and save it as a full export or screenshots, then write where in the last column.

Courts and lawyers differ in what they want. If your court publishes its own form, use that one. This template is not legal advice.

No.	Date	Time	From / to	How (text, iMessage, call, voicemail, app)	What it said (exact words, in quotes)	Saved where (file, export, exhibit no.)	Notes, witnesses
1							
2							
3							
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7							
8							

No.	Date	Time	From / to	How (text, iMessage, call, voicemail, app)	What it said (exact words, in quotes)	Saved where (file, export, exhibit no.)	Notes, witnesses
9							
10							
11							
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24							

No.	Date	Time	From / to	How (text, iMessage, call, voicemail, app)	What it said (exact words, in quotes)	Saved where (file, export, exhibit no.)	Notes, witnesses
25							
26							
27							
28							
29							
30							