

**HOW TO CALCULATE YOUR  
HARMS AND LOSSES CHEATSHEET**

1. BODILY INJURY \$ \_\_\_\_\_
2. THE AFFECT THE INJURY HAS ON THE PLAINTIFF'S HEALTH  
ACCORDING TO THEIR DEGREE AND PROBABLE DURATION \$ \_\_\_\_\_
3. PHYSICAL PAIN IN THE PAST \$ \_\_\_\_\_
4. PHYSICAL PAIN IN THE FUTURE \$ \_\_\_\_\_
5. MENTAL ANGUISH IN THE PAST \$ \_\_\_\_\_
6. MENTAL ANGUISH IN THE FUTURE \$ \_\_\_\_\_
7. INCONVENIENCE IN THE PAST \$ \_\_\_\_\_
8. INCONVENIENCE IN THE FUTURE \$ \_\_\_\_\_
9. DISFIGUREMENT OR DEFORMITY \$ \_\_\_\_\_
10. AND ANY ASSOCIATED HUMILIATION OR EMBARRASSMENT \$ \_\_\_\_\_
11. MEDICAL EXPENSES INCURRED IN THE PAST \$ \_\_\_\_\_
12. MEDICAL EXPENSES IN THE FUTURE \$ \_\_\_\_\_
13. LOST WAGES OR EARNING CAPACITY IN THE PAST \$ \_\_\_\_\_
14. LOST WAGES OR EARNING CAPACITY IN THE FUTURE \$ \_\_\_\_\_
  
- TOTAL VERDICT: \$ \_\_\_\_\_