LYNGKLIP & ASSOCIATES
CONSUMER LAW CENTER, PLC

YOUR TELEPHONE LOG

Instructions:

Use this form to document the times of all calls you have received from those that are harassing you. Include every call you receive, including hangups, answering machine messages, and prerecorded messages. You should save every text message, email, voice mail, collection letter, envelope and recorded call that you have.

If you requested the caller cease further calls, place a checkmark in the **DNC column (Do Not Call). If the call was from a computer or there was dead air before a person answered, place a checkmark in the ATD column (Automated Telephone Dialer). If you heard a prerecorded message, place a checkmark in the PRM column (Pre-Recorded Message).**

Date	**Time of Day**	**Duration**	**Number Calling**	**Call Notes** (company name, person calling, what was said)	**DNC**	**ATD**	**PRM**

I certify under penalty of perjury that the statements in this log are true to the best of my knowledge, information and belief.
If called as a witness, I could testify truthfully to the information provided in this declaration.

Signed: _____, dated:_____/_____/_____

EMAIL THIS LOG