STALKER LOG

1. Tell someone
2. Gather information
3. Know your neighbors
4. Always be observant
5. Document, document, document
6. Think like a stalker
7. Vary your routes

National Domestic Violence Hotline
(800)799-7233

Every time you complete this form, forward to a trusted contact

In Danger - DIAL 911

CONFIRM YOUR PHONE IS CHARGED AND HAS MEMORY AVAILABLE

Do you know who is stalking you? Y N Name of stalker : _____

Describe your stalker : _____

DOCUMENTATION

Date	Time	Location	Description of Harassment	Witness / Notes