

Communication Log

Facebook Suspension Survival Guide

Purpose

Use this log to record every communication related to your account issue, including messages with Meta, agencies, attorneys, customers, or court personnel.

Important: This form is provided for general educational and organizational purposes only. It is not legal advice.

Worksheet

Date	Person / Agency	Method	Summary of Communication	Follow-up Date	Outcome
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Notes

Prepared by: _____ Date: _____