



Before You Delete, Block, or Ignore It – Save the Proof.

Use this checklist to organize evidence of unwanted calls, robocalls, prerecorded messages, and spam texts. The more complete your records are, the easier it may be to review whether your rights were violated.

1 Check Your Do Not Call Status

- ☐ Verify whether your number is on the National Do Not Call Registry.
- ☐ Save proof of your registration status/date.
- ☐ Track calls or texts received after registration.

2 Save the Basics

- ☐ Screenshot call logs with the number, date, and time.
- ☐ Screenshot text threads, including the sender and full message history.
- ☐ Save voicemails, prerecorded messages, and caller information.
- ☐ Do not delete call logs, texts, voicemails, or screenshots.

3 Document Your Stop Request

- ☐ Screenshot your STOP reply and any texts that came after it.
- ☐ Write down when you asked the caller to stop.
- ☐ Save opt-out confirmations or follow-up messages.

4 Look for Patterns

- ☐ Same company contacting you more than once.
- ☐ Different numbers promoting the same product or service.
- ☐ Calls or texts after you asked them to stop.
- ☐ Robocalls, prerecorded messages, or automated texts.

5 Keep Everything Together

- ☐ Create one folder for screenshots, call logs, texts, and voicemails.
- ☐ Save the caller number exactly as it appears.
- ☐ Keep a short note with dates, times, and what happened.
- ☐ Do not share extra personal information.



1. Tell them to STOP

Ask the caller to stop or reply STOP to unwanted marketing texts.



2. Save the EVIDENCE

Keep screenshots, call logs, texts, and voicemails. Every detail may help evaluate your claim.



3. Get a FREE REVIEW

We'll review your calls or texts and determine whether they may qualify under consumer-protection laws.



QUICK TIP

Take screenshots before blocking the number. Deleted messages, call logs, or voicemails may remove useful evidence.



READY FOR A FREE REVIEW?

Fischetti Law Group can review your screenshots, call logs, texts, and voicemails to help determine whether you may have a spam call, robocall, spam text, or TCPA claim.



Call 866-654-8041
to request a free case review.
No fees unless we win.



Spam Call & Text Tracking Log

Spam Call & Text Tracking Log

[illegible]

Evidence Saved

- ☐ Screenshot saved
- ☐ Voicemail saved
- ☐ STOP reply saved
- ☐ Do Not Call Registry confirmation saved
- ☐ Company/caller information saved