

A major key to proving your case for disability benefits is excellent record keeping. Use this diary to record your symptoms. Give specific examples of how the symptom interfered with your job. The more specific you are, the better.

**Column 1: Motor Function/physical symptoms:** This refers to any physical symptoms you are experiencing, such as: tremors and involuntary movements, difficulty standing, walking slowly, slurred speech, etc.. and any other physical symptoms such as constipation, nausea, blurry vision, side-effects from your medication. An example might be: "My right hand shook for 30 minutes which kept me from using the computer keyboard."

**Column 2: Cognitive Function:** this refers to your memory and how you process information. It can also include fatigue, depression and difficulty communicating. An example of a problem with your cognitive function might be: "I could not concentrate long enough to fill out my report." Or "After standing at the counter for 30 minutes, I was so tired I had to go home."

	#1	#2
Day	Motor Function/Physical Symptoms	Cognitive Function
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		