

This Symptom Diary is designed to help you keep an accurate record of important details. When properly used it will assist your attorney in litigating your claim for Social Security benefits.

Make your entries as soon as possible—delay may cause you to forget.

Please see the examples on page one for guidance on how to track your symptoms.

	Symptoms: <i>Severe cramps in left leg after going grocery shopping.</i>
How did the symptoms affect your ability to function: <i>Could not walk had a hard time reading or following TV program because of pain</i>	
How long did the symptoms last: <i>1 hour.</i> Action Taken: <i>Took muscle relaxers, used heat pad, lied down.</i>	

Date/Time <i>1/3/09</i> <i>11:15 a.m.</i>	Symptoms: <i>Migraine Headache</i>
How did the symptoms affect your ability to function: <i>Could not think straight, could not help my kids with their homework or talk to anyone.</i>	
How long did the symptoms last: <i>8 hours.</i> Action Taken: <i>Had to lie down in dark room and take migraine medication.</i>	

Date/Time <i>5/4/09</i> <i>2:15 p.m.</i>	Symptoms: <i>Third seizure of the day</i>
How did the symptoms affect your ability to function: <i>Had to rest until the seizure ended. Had to rest after the seizure for one hour, was mentally foggy after seizure.</i>	
How long did the symptoms last: <i>seizure: 10 minutes, rested for one hour.</i> Action Taken: <i>Took seizure medication, lied down to recuperate after seizure.</i>	

Date/Time	Symptoms:
How did the symptoms affect your ability to function:	
How long did the symptoms last:	
Action Taken:	

Date/Time	Symptoms:
How did the symptoms affect your ability to function:	
How long did the symptoms last:	
Action Taken:	

Date/Time	Symptoms:
How did the symptoms affect your ability to function:	
How long did the symptoms last:	
Action Taken:	