This is a template diary for you to fill in and send to the DWP or Department for Communities as evidence to support your claim.

Before you send it off it is a good idea to make a photocopy of this for your own records and to check before your assessment.

* Make sure you write the date and your national insurance number on each page.
* For each activity, write whether you could do it or not, and what help you needed with it.
* If you have a mental health problem, write about how it felt when you couldn’t motivate yourself to do something, or experienced distress when doing something.

Example:

Morning: I was in too much pain to be able to stand up to prepare a simple meal.

Evening: I was feeling very depressed and couldn’t motivate myself to undress and go to bed.

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