

Daily Living & Symptom Diary

A template to help you record how your condition affects you day to day — useful evidence for a PIP or Universal Credit claim, Mandatory Reconsideration, or tribunal appeal.

How to use this diary

1. Fill in a row for each day, or each time something notable happens — you don't need to write an essay, just what happened and how it affected you.
2. Be specific. Instead of “struggled with cooking,” try “had to stop halfway through making dinner and sit down for 10 minutes because of pain in my legs.”
3. Note when you needed help, prompting, or extra time from someone else — this matters for how PIP and Universal Credit assessments are scored.
4. Keep going for at least 2–4 weeks if you can. Conditions vary day to day, and assessors and tribunals want to see the full picture, not just a good day or a bad day.
5. Bring this diary (or copies of relevant entries) to your assessment, or attach it as evidence with your Mandatory Reconsideration or appeal.

Daily Living Activities to consider

Preparing food • Eating and drinking • Managing treatment or monitoring a health condition • Washing and bathing • Managing toilet needs or incontinence • Dressing and undressing • Communicating • Reading and understanding • Engaging with other people • Making budgeting decisions • Planning and following journeys • Moving around

Week 1

Date	Activity	What happened / how it affected me	Help needed (none / prompting / physical)	Pain, fatigue, social notes

Week 2

Date	Activity	What happened / how it affected me	Help needed (none / prompting / physical)	Pain, fatigue, physical notes

Week 3

Date	Activity	What happened / how it affected me	Help needed (none / prompting / physical)	Pain, fatigue, social notes

Week 4

Date	Activity	What happened / how it affected me	Help needed (none / prompting / physical)	Pain, fatigue, social notes