Daily Activities

Use one page per activity. Describe your own experience without exaggerating or treating one unusual day as every day. This sheet does not score your abilities.

Activity You Want To Describe

What You Do Yourself

Help You Receive And What The Other Person Does

Timing, Breaks, Or Variation You Want To Explain

Changes Or Uncertain Details To Discuss

Source context: SSA Function Report, pages 1, 4-5. ssa.gov/forms/ssa-3373-bk.pdf

Optional personal notes. Not an SSA form, application, or eligibility assessment.