

SSDI Trial Work Period Tracking Chart

The Trial Work Period (TWP) allows SSDI beneficiaries to test their ability to work for at least 9 months, without affecting benefits. During the TWP, beneficiaries receive full benefits, regardless of how high their earnings are. The months do not have to be consecutive and are counted within a rolling 60-month (5-year) period.

[illegible]

For a month to count as a “trial work month,” gross earnings must be over a certain threshold, which is revised by SSA each year:

- 2025 = \$1,160/month
- 2024 = \$1,110/month
- 2023 = \$1,050/month
- 2022 = \$970/month
- 2021 = \$940/month
- 2020 = \$910/month

