# 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.

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| Month/Year | Gross Earned Income | Trial Work Month? (Y/N) | SSDI Cash Benefit | Total Income |
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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:

* 2024 = $1,110/month
* 2023 = $1,050/month
* 2022 = $970/month
* 2021 = $940/month
* 2020 = $910/month
* 2019 = $880/month