

# 12 Month Brace Hour Charts

**30 Minutes - 23 Hours**

Directions: Find the chart that corresponds with your brace hour goal. Print out that page only. Transfer your hours from your monthly charts so you can track your hour trends over time. Be sure to bring this chart to your appointments to show your doctor or orthotist how awesome you are doing.

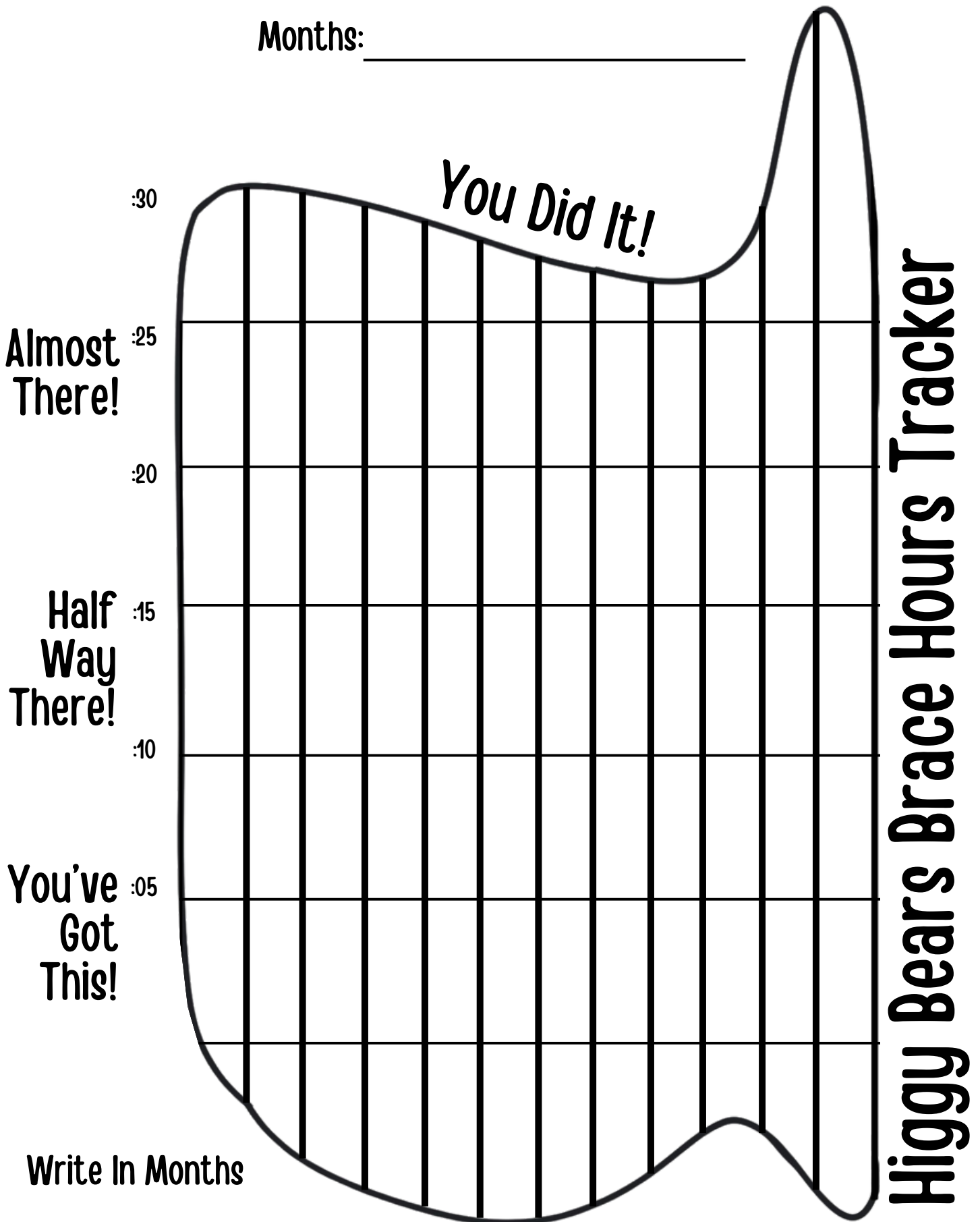
**You're Doing Great!!!**

*Bent Not Broken*

# 12 Month Chart

:30

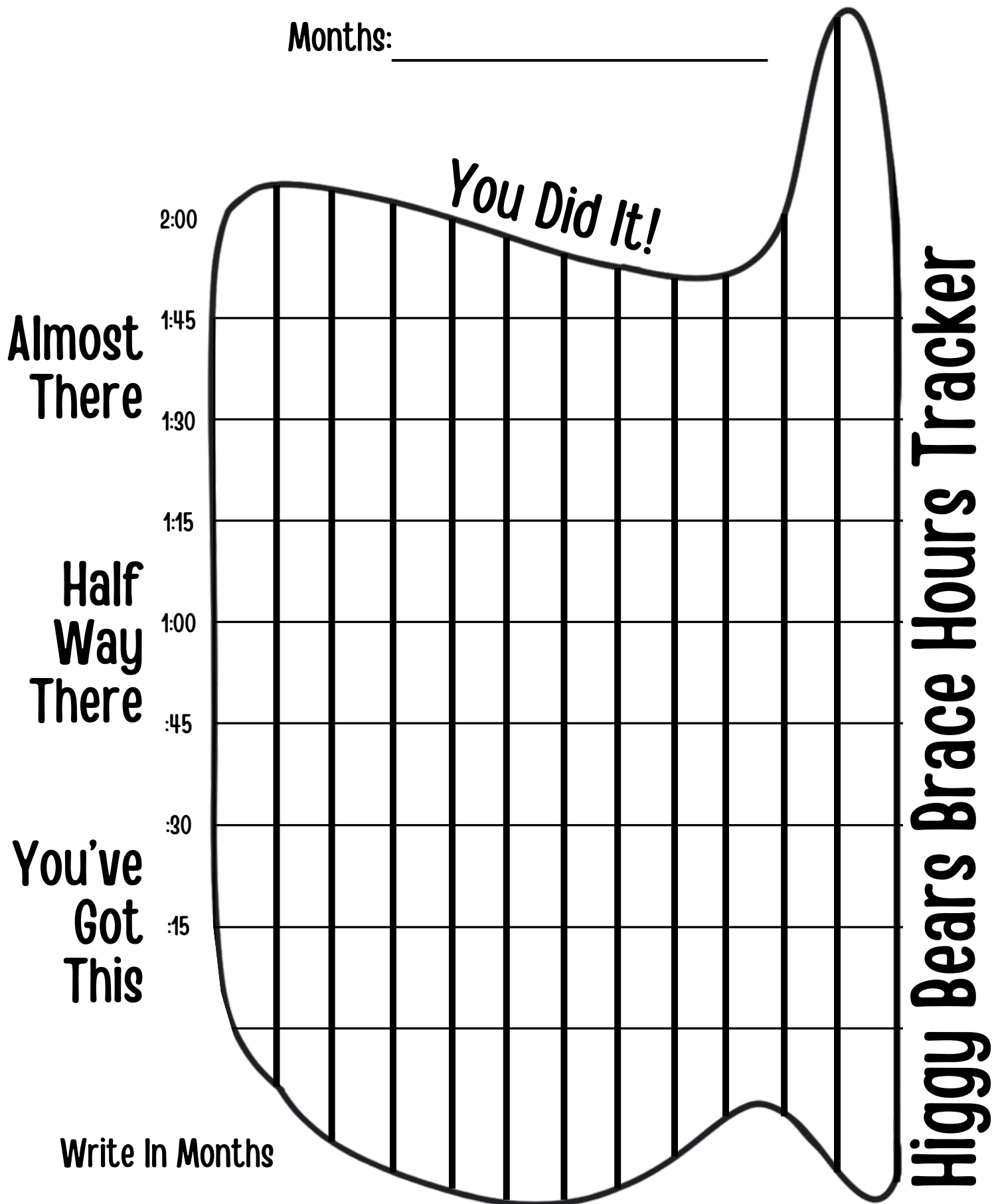
Months: \_\_\_\_\_





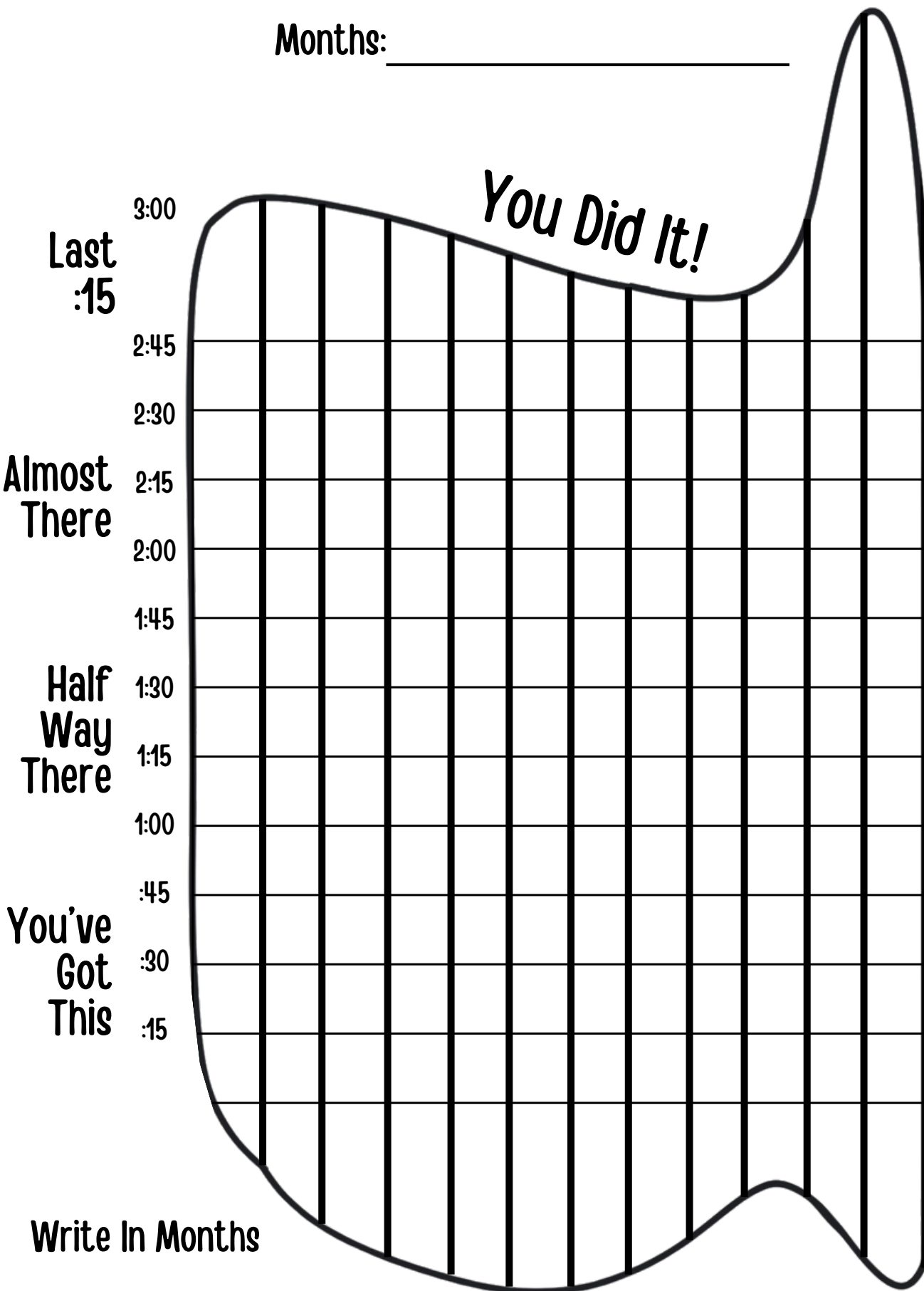
# 12 Month Chart

Months: \_\_\_\_\_



# 12 Month Chart

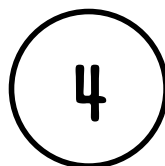
Months: \_\_\_\_\_



Higgly Bears Brace Hours Tracker

Write In Months

# 12 Month Chart



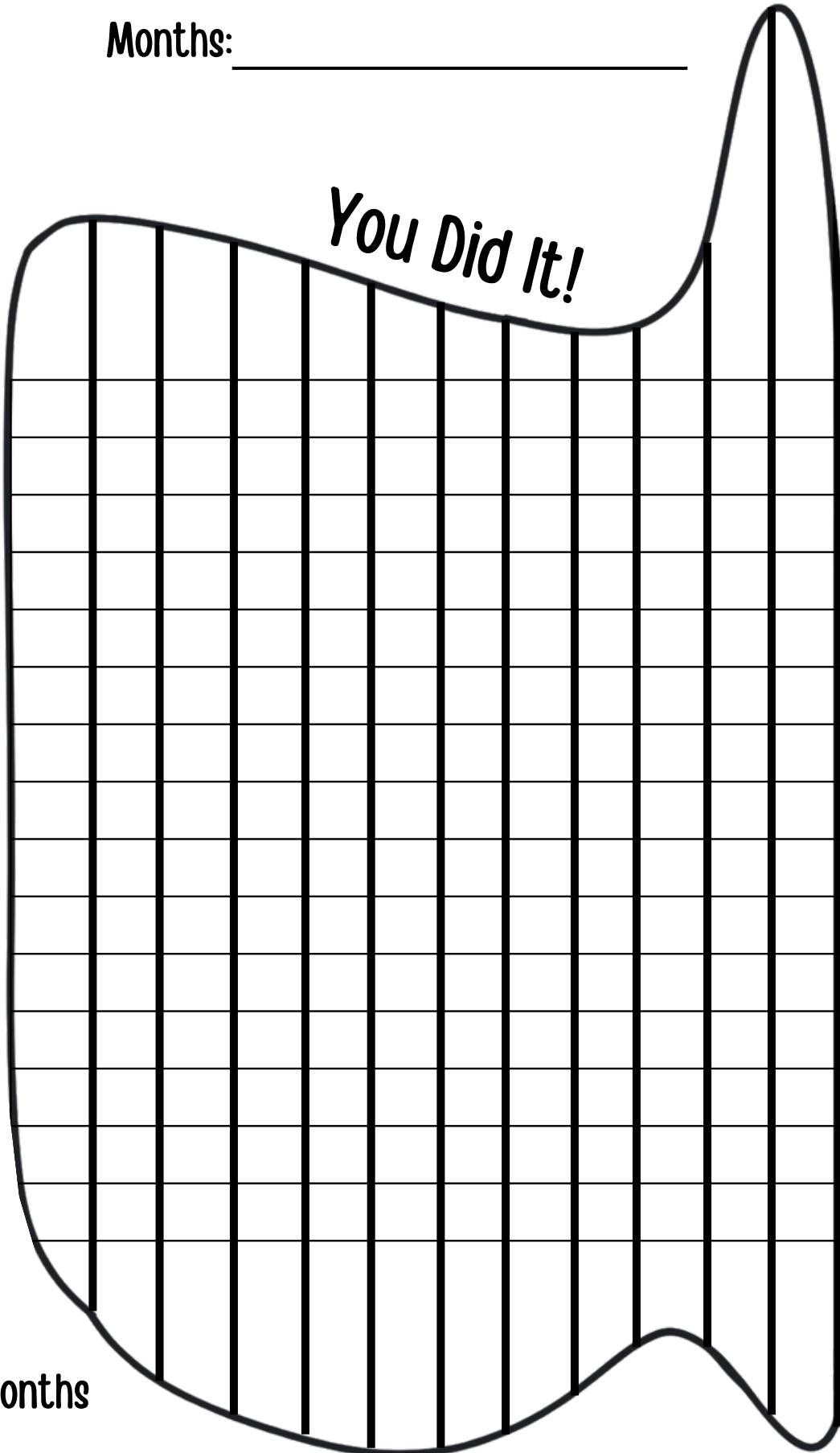
Months: \_\_\_\_\_

*You Did It!*

Last :15 4:00  
Almost There 3:45  
3:30  
3:15  
3:00  
2:45  
2:30  
Half Way There 2:15  
2:00  
1:45  
1:30  
1:15  
1:00  
You've Got This :45  
:30  
:15

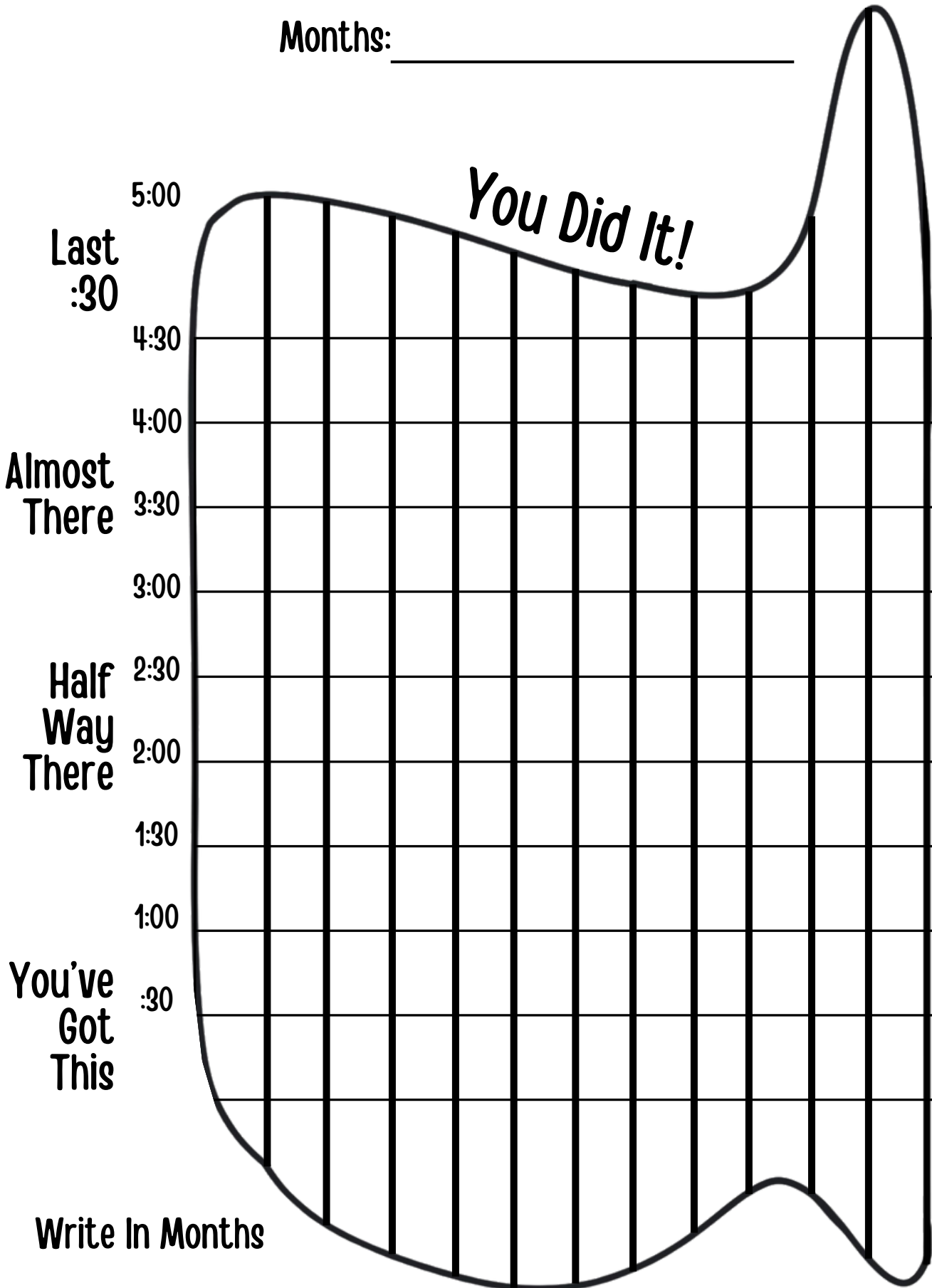
Write In Months

Higgý Bears Brace Hours Tracker



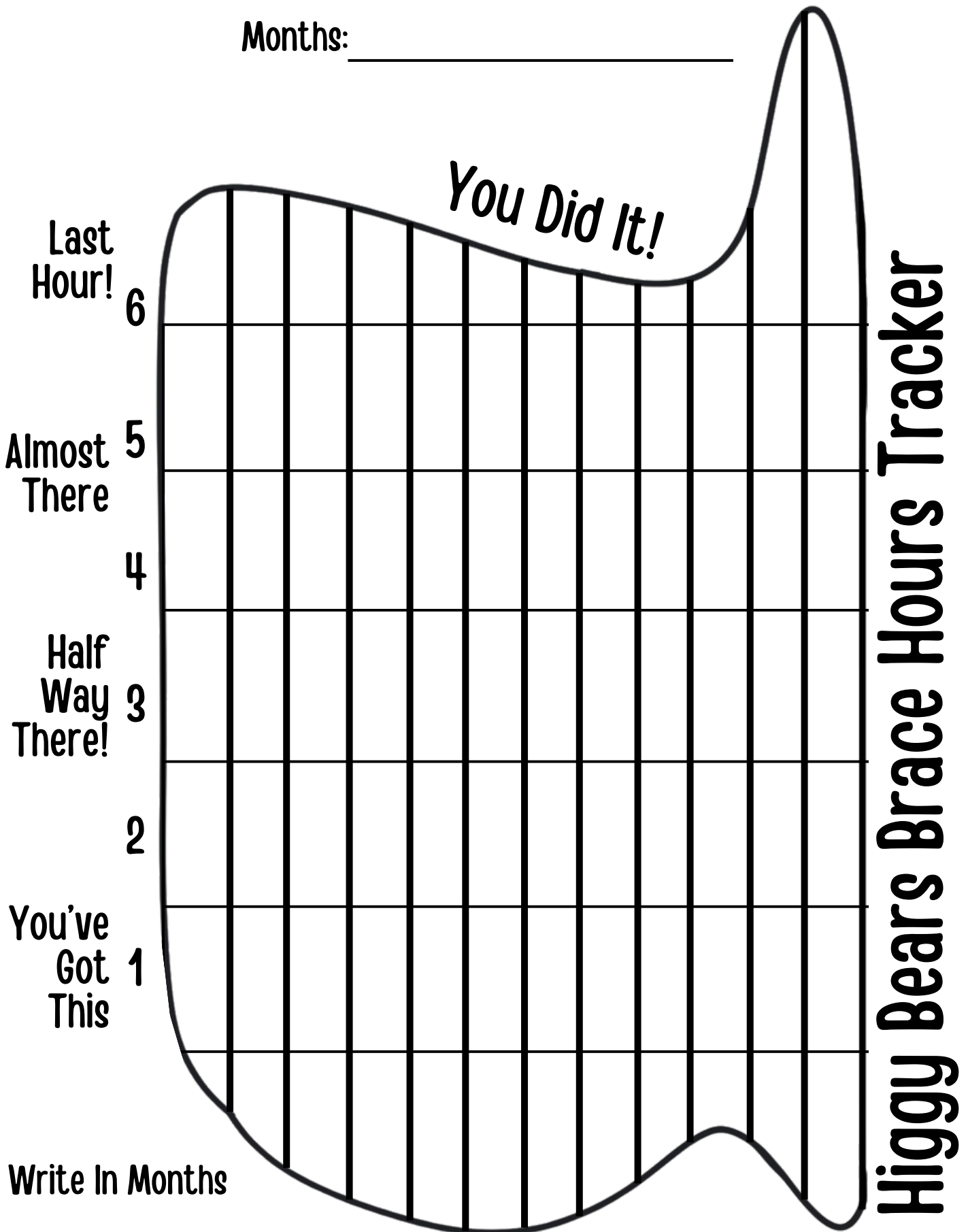
# 12 Month Chart

Months: \_\_\_\_\_



# 12 Month Chart

Months: \_\_\_\_\_

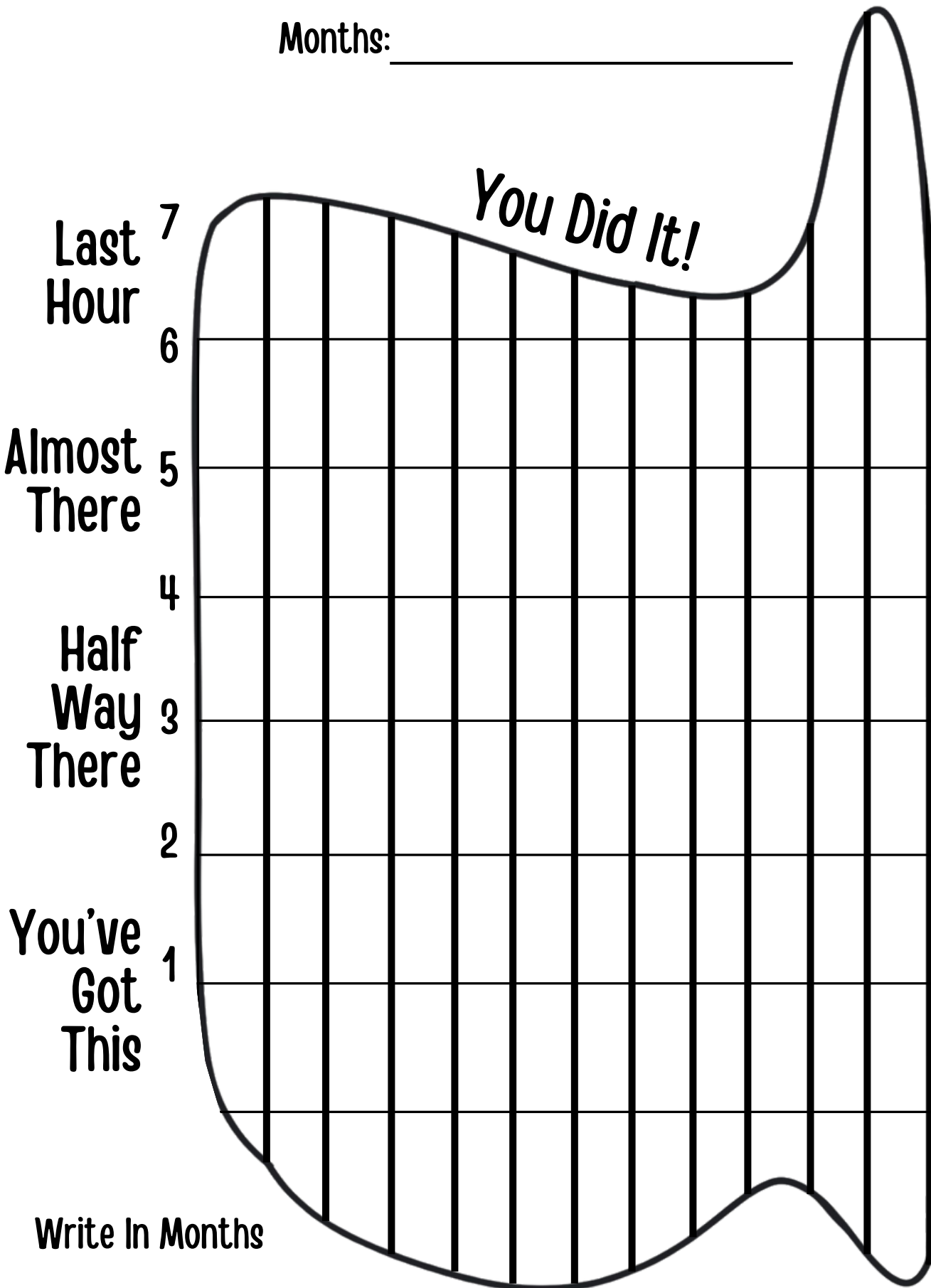




# 12 Month Chart

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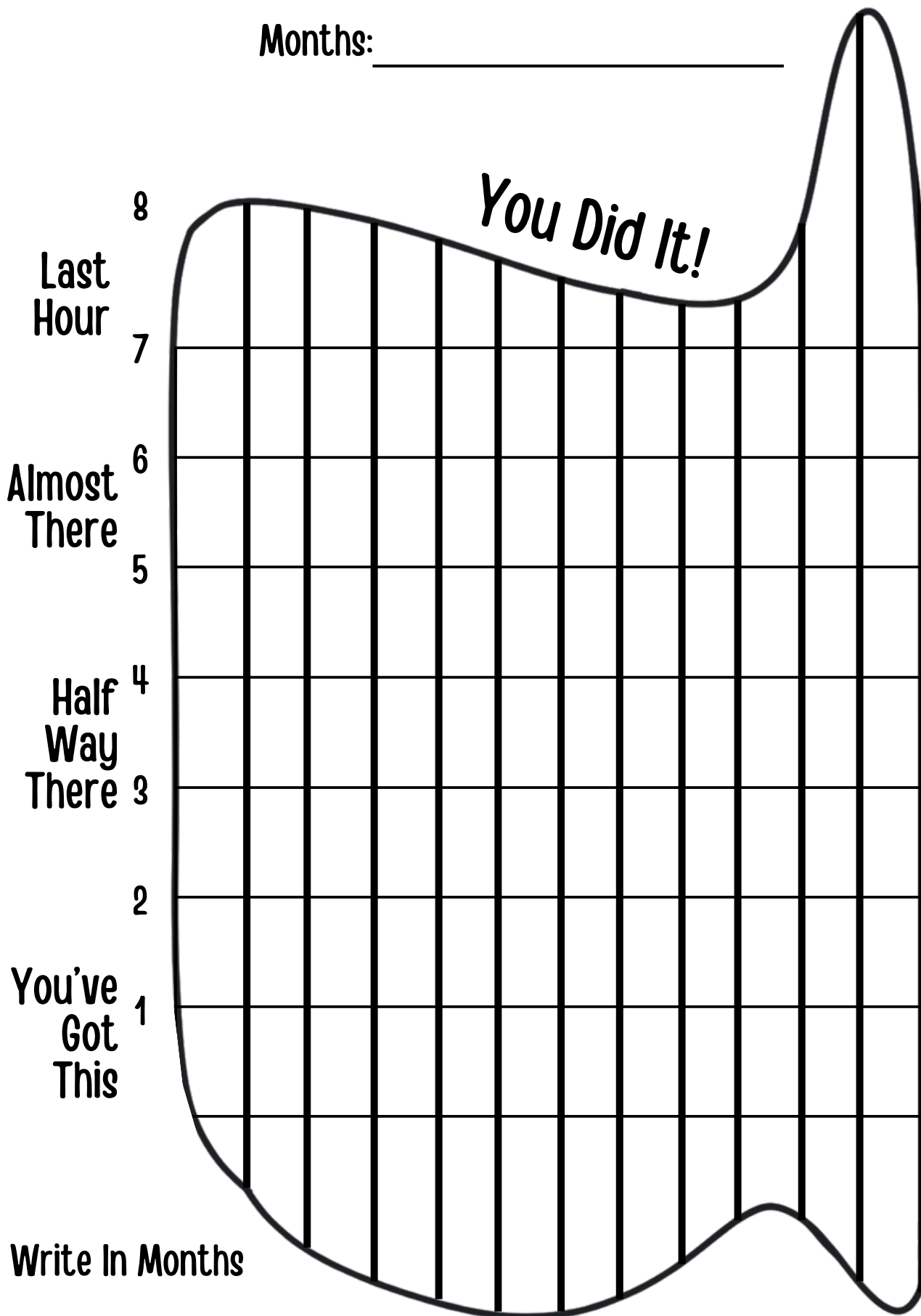
Months: \_\_\_\_\_



Higgly Bears Brace Hours Tracker

# 12 Month Chart

Months: \_\_\_\_\_

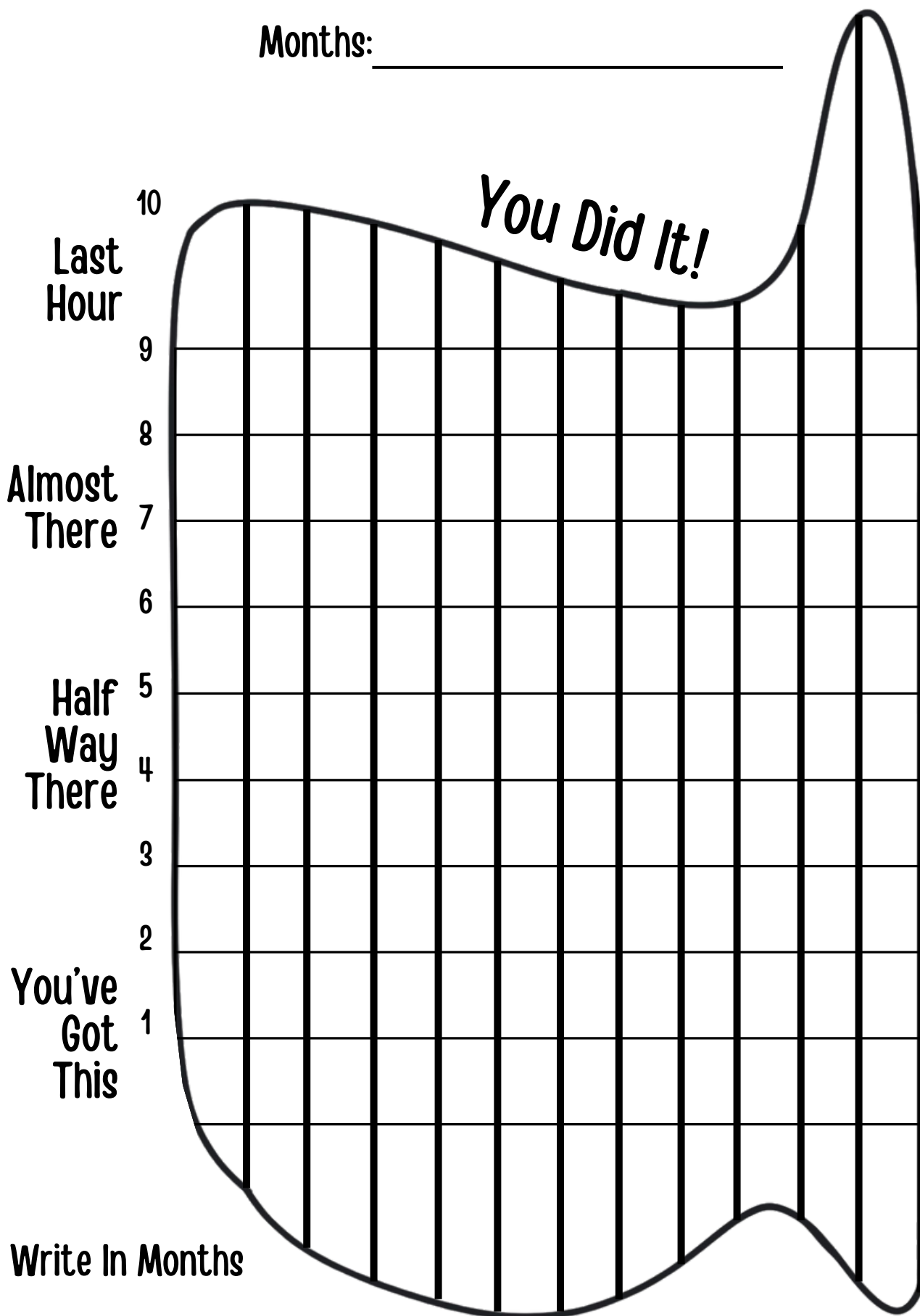


Higgly Bears Brace Hours Tracker



# 12 Month Chart

Months: \_\_\_\_\_

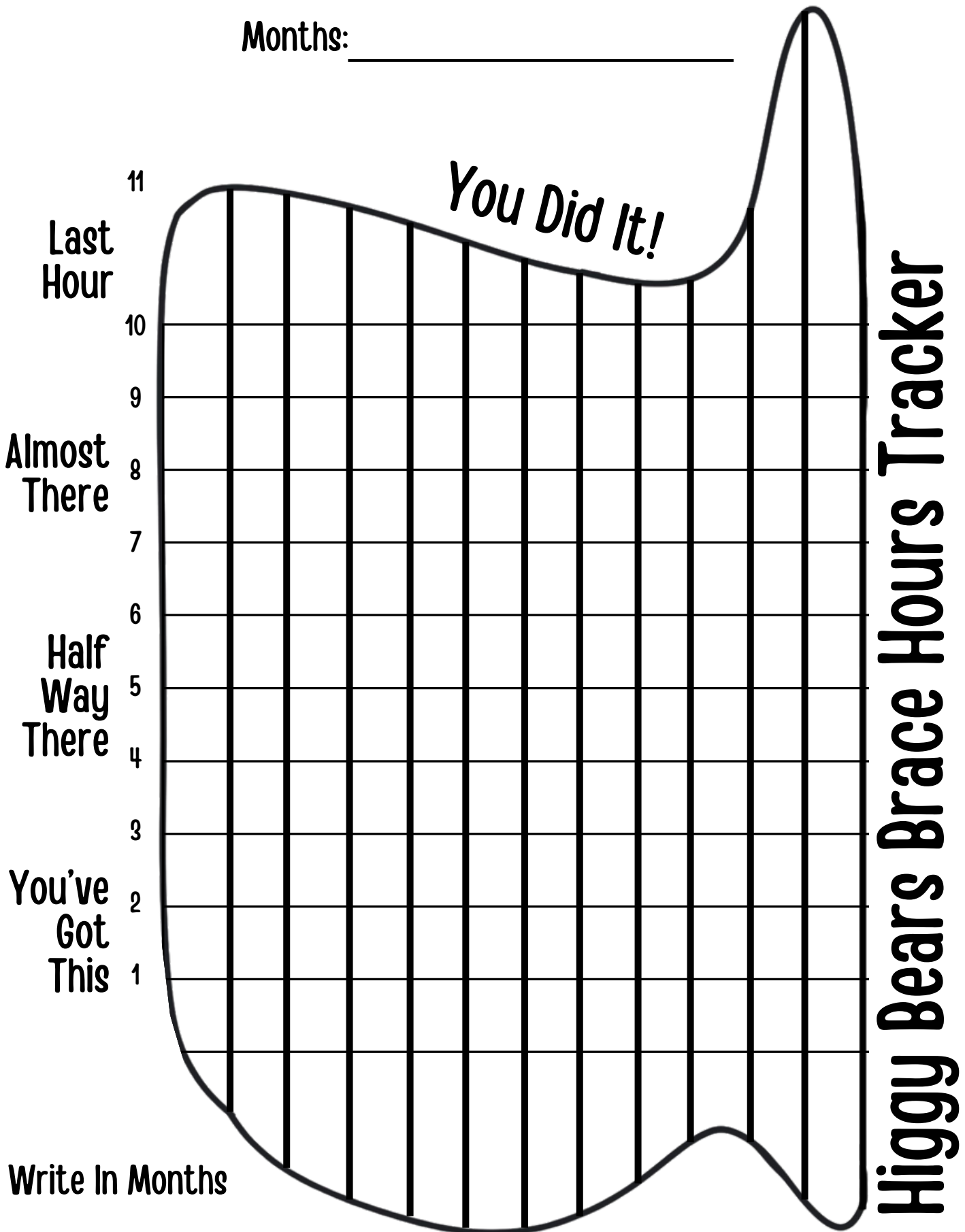


Higgly Bears Brace Hours Tracker

Write In Months

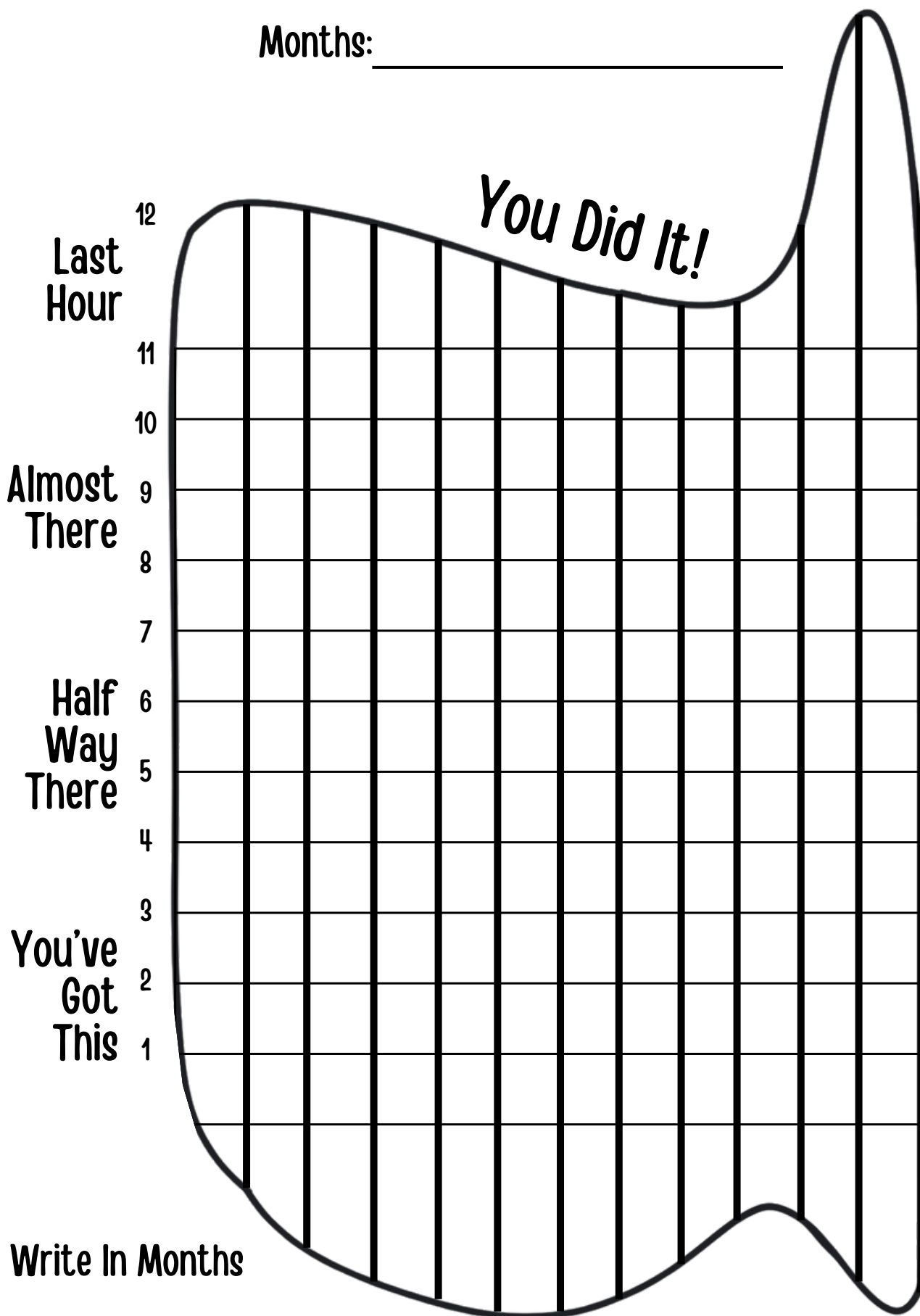
# 12 Month Chart

Months: \_\_\_\_\_



# 12 Month Chart

Months: \_\_\_\_\_

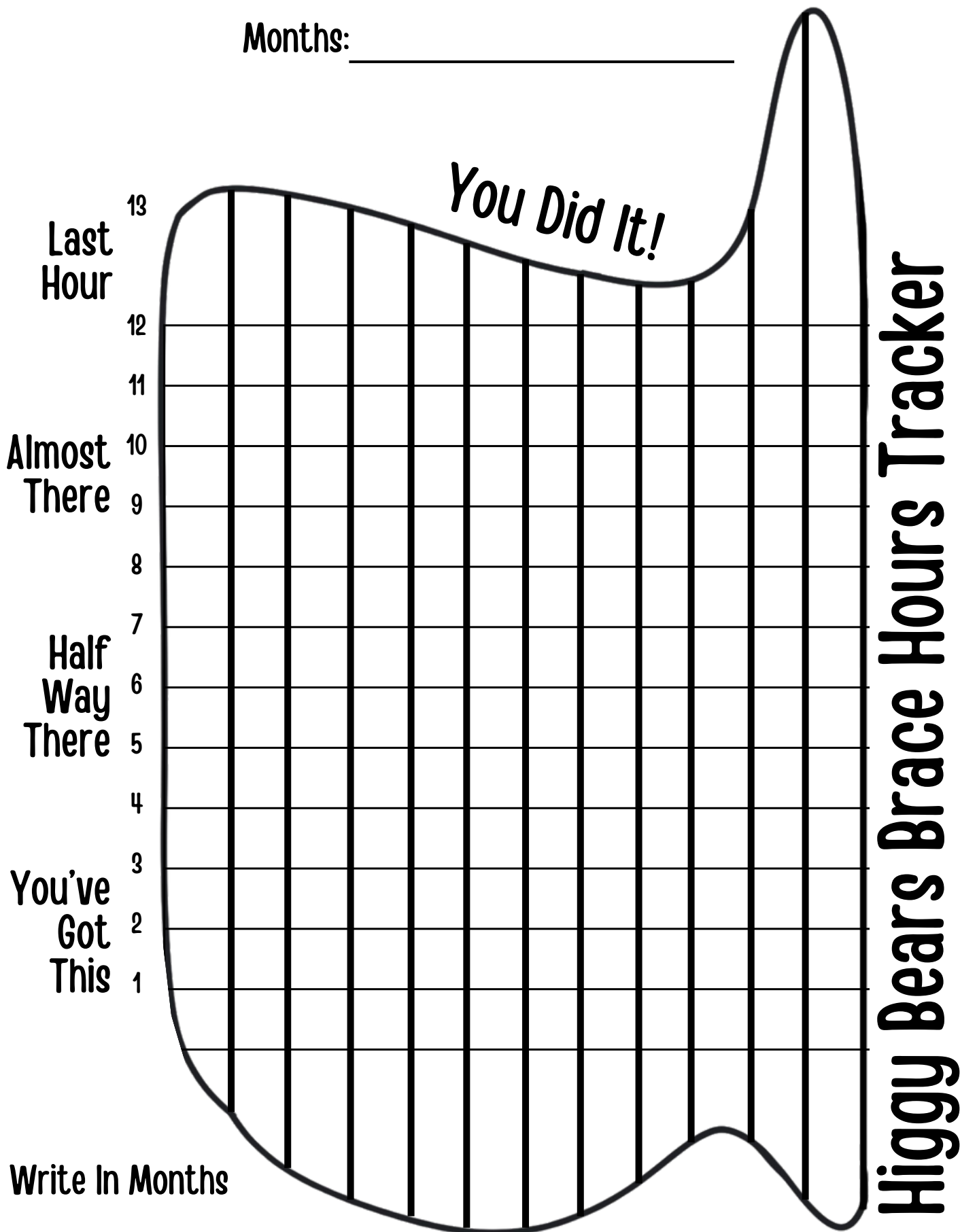


Write In Months

Higgly Bears Brace Hours Tracker

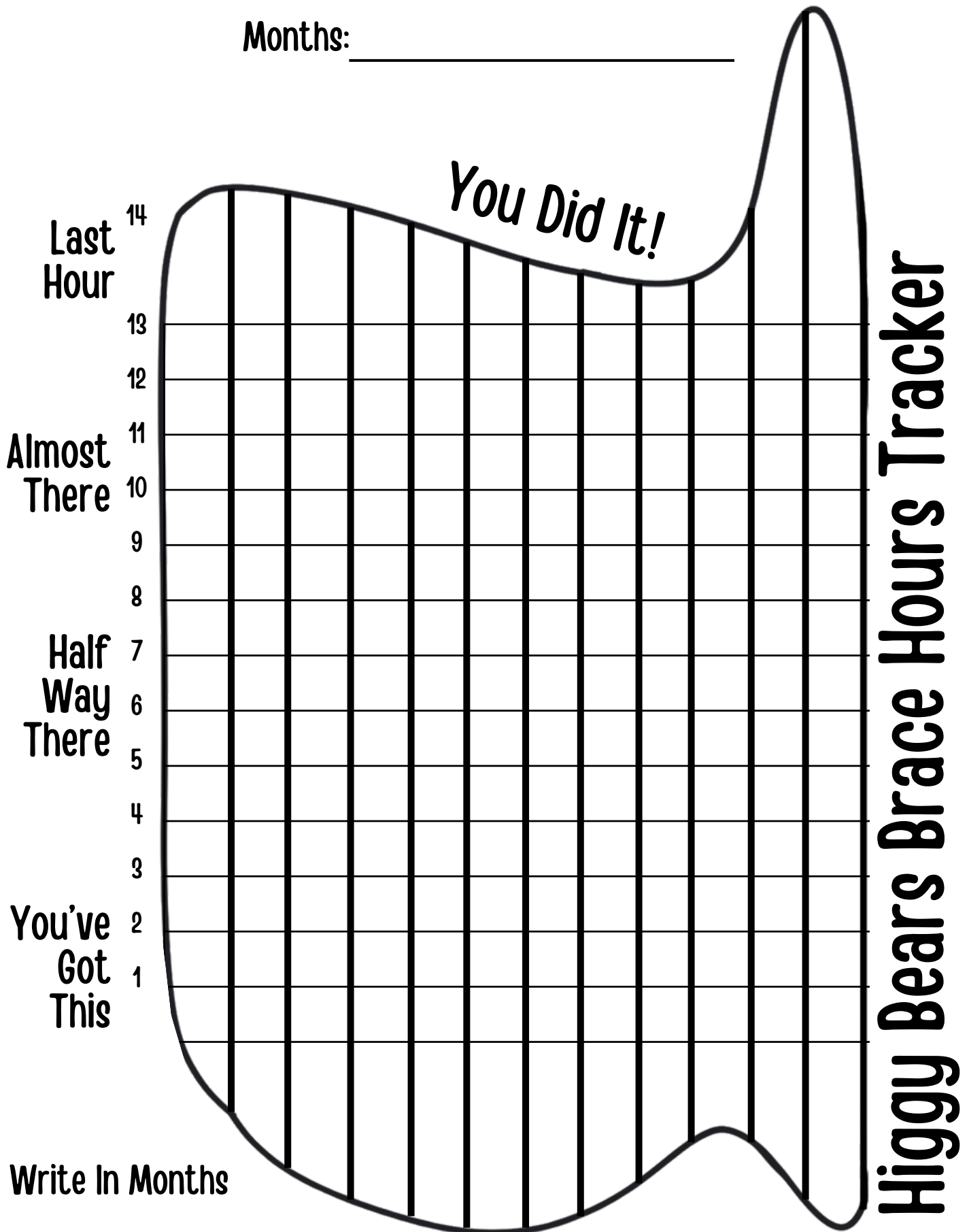
# 12 Month Chart

Months: \_\_\_\_\_



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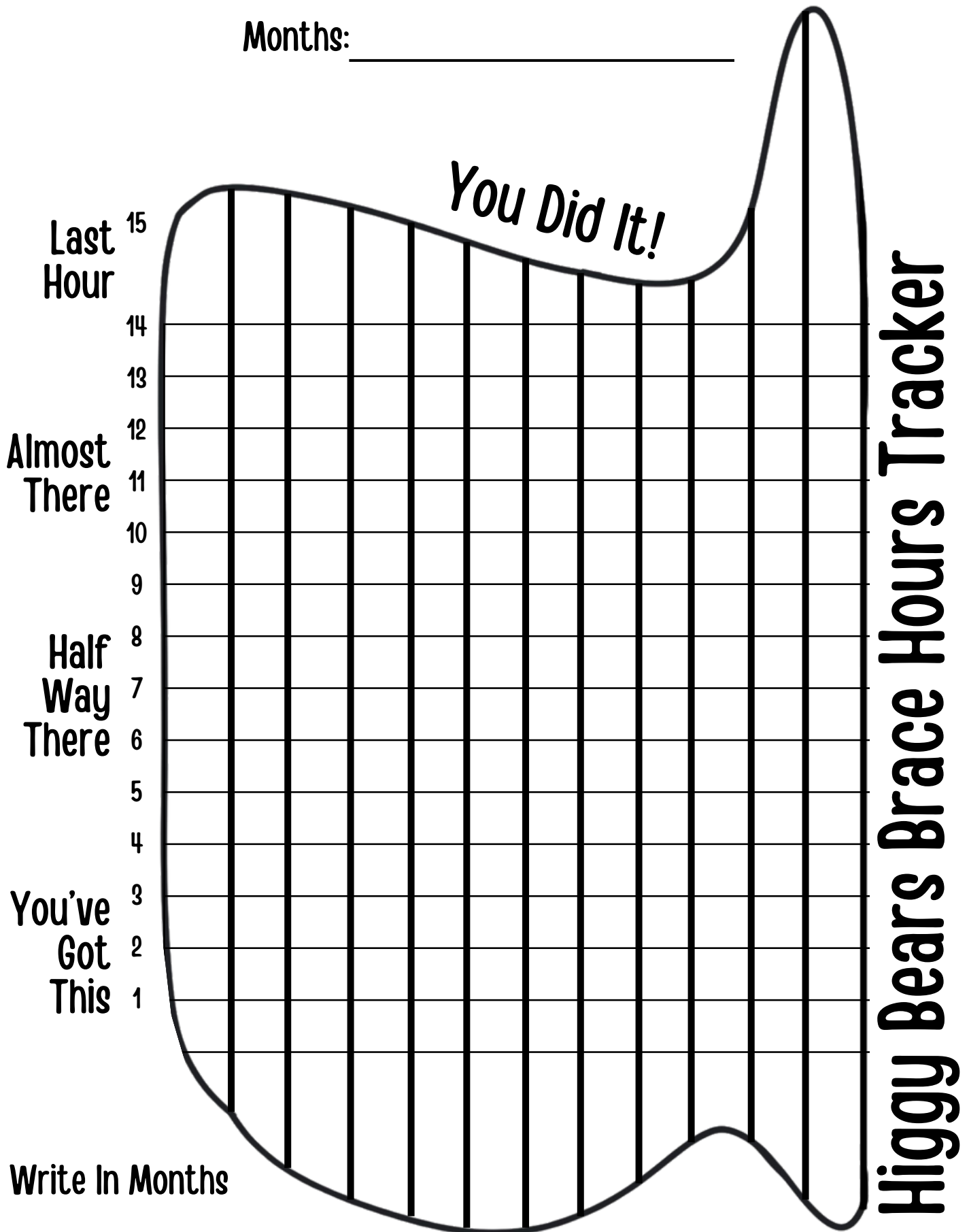
Months: \_\_\_\_\_





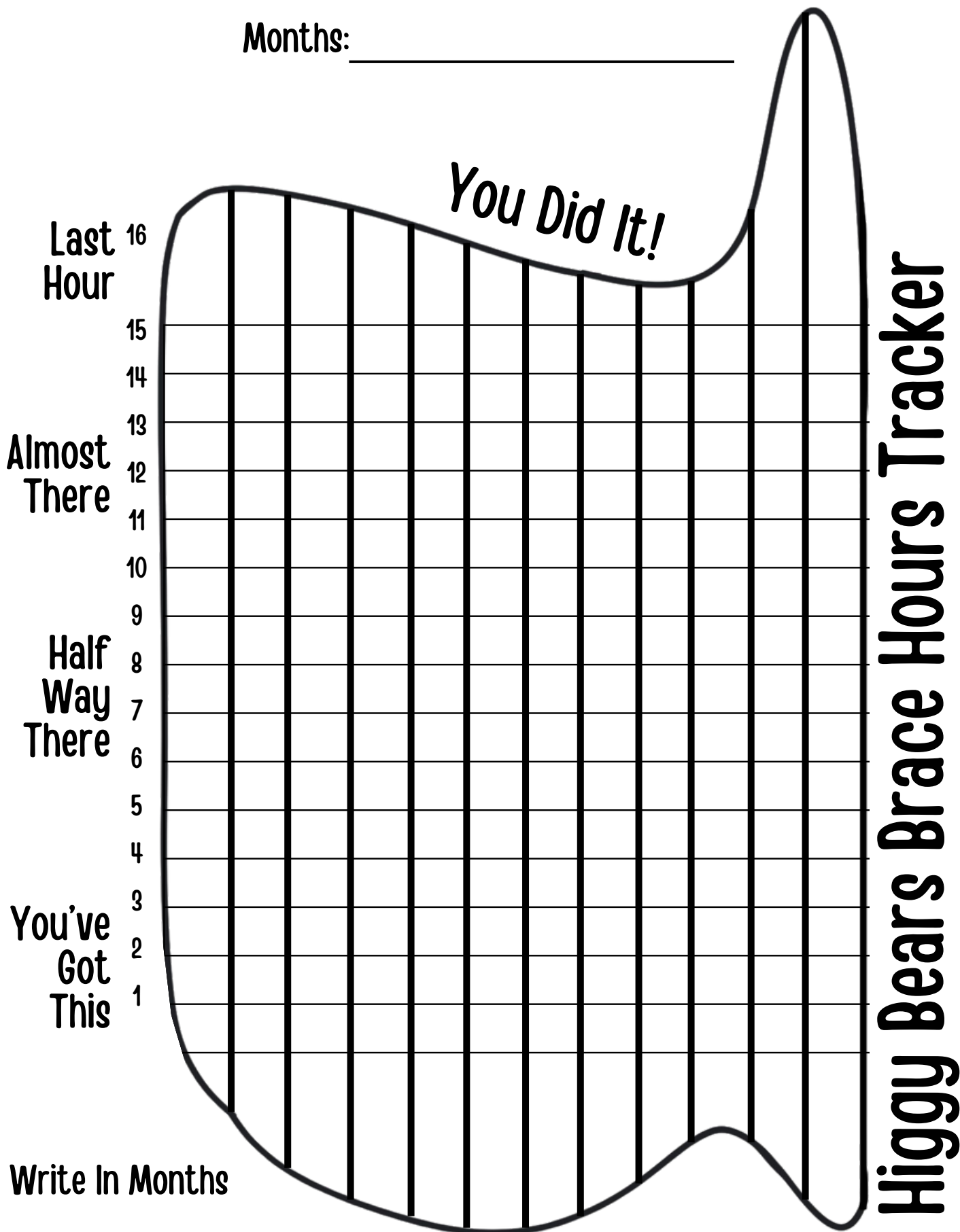
# 12 Month Chart

Months: \_\_\_\_\_



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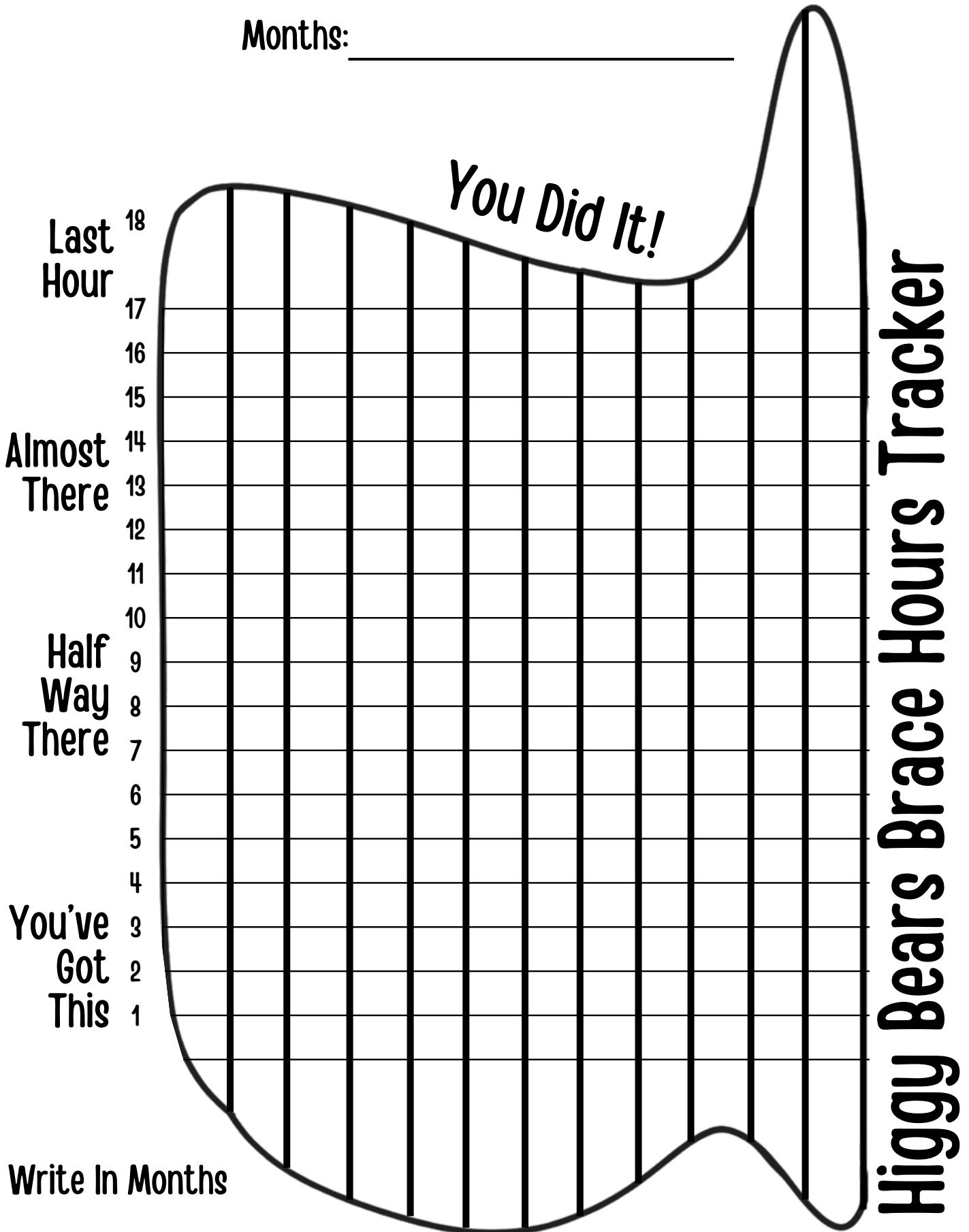
Months: \_\_\_\_\_





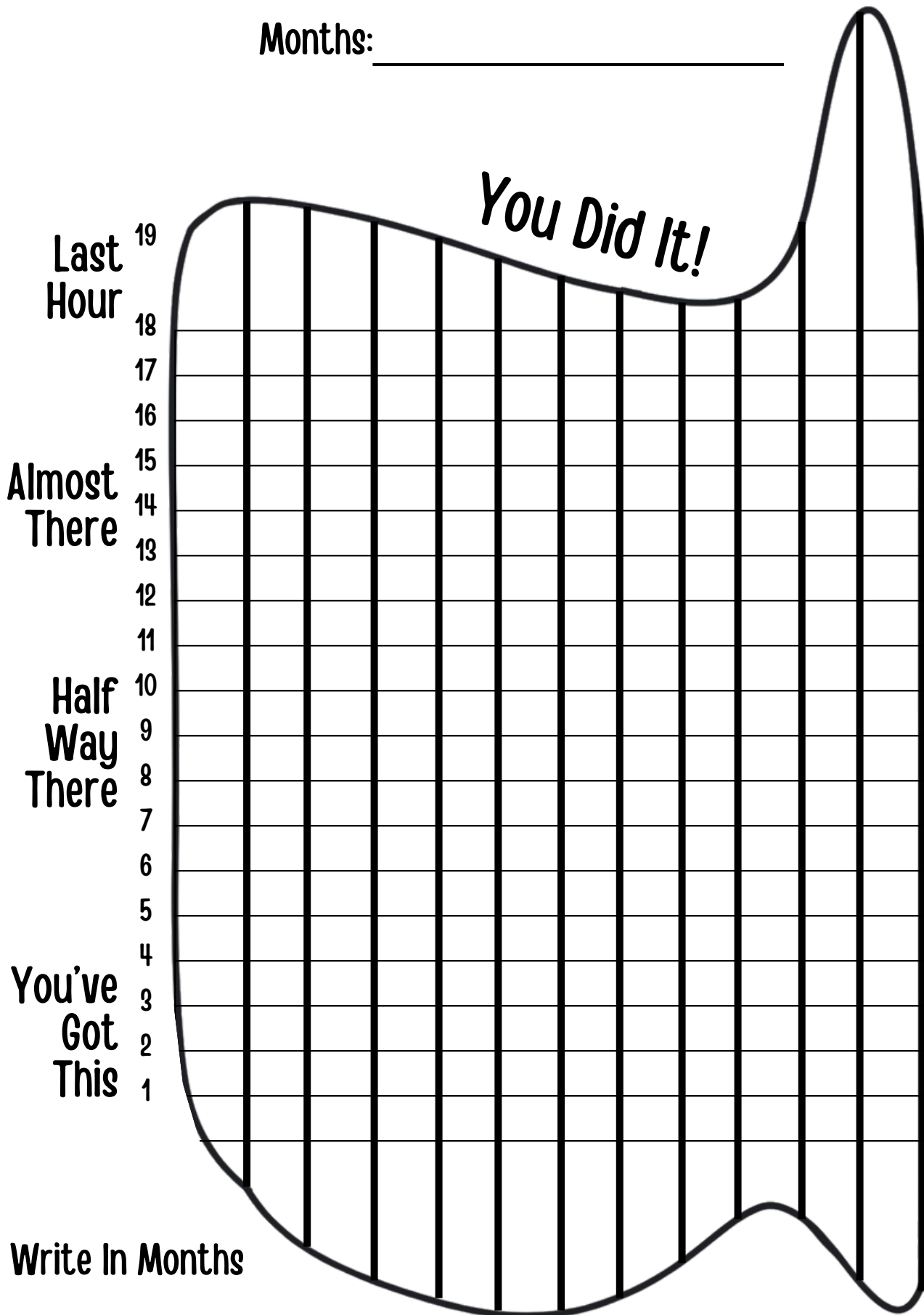
# 12 Month Chart

Months: \_\_\_\_\_



# 12 Month Chart

Months: \_\_\_\_\_

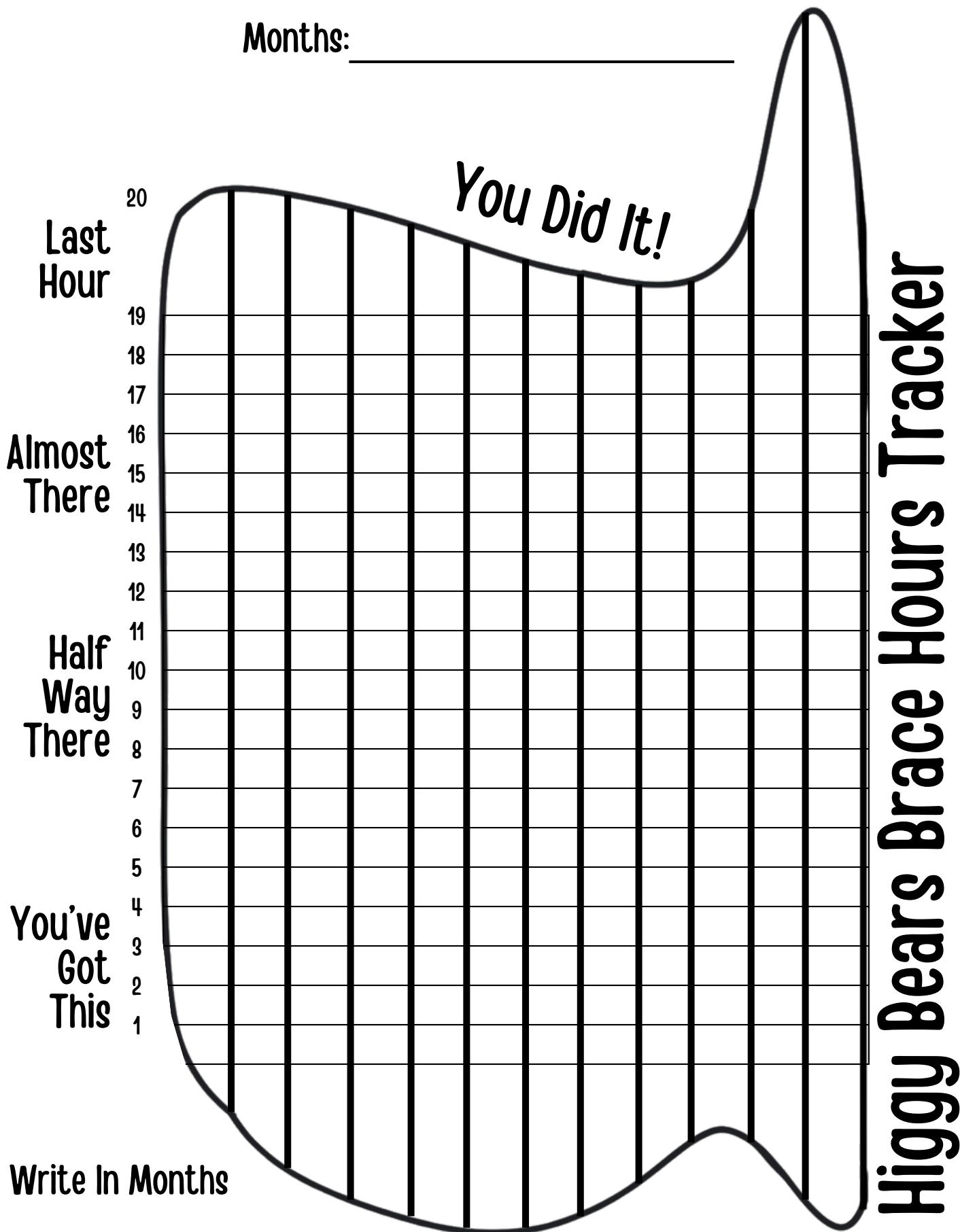


Higgly Bears Brace Hours Tracker

Write In Months

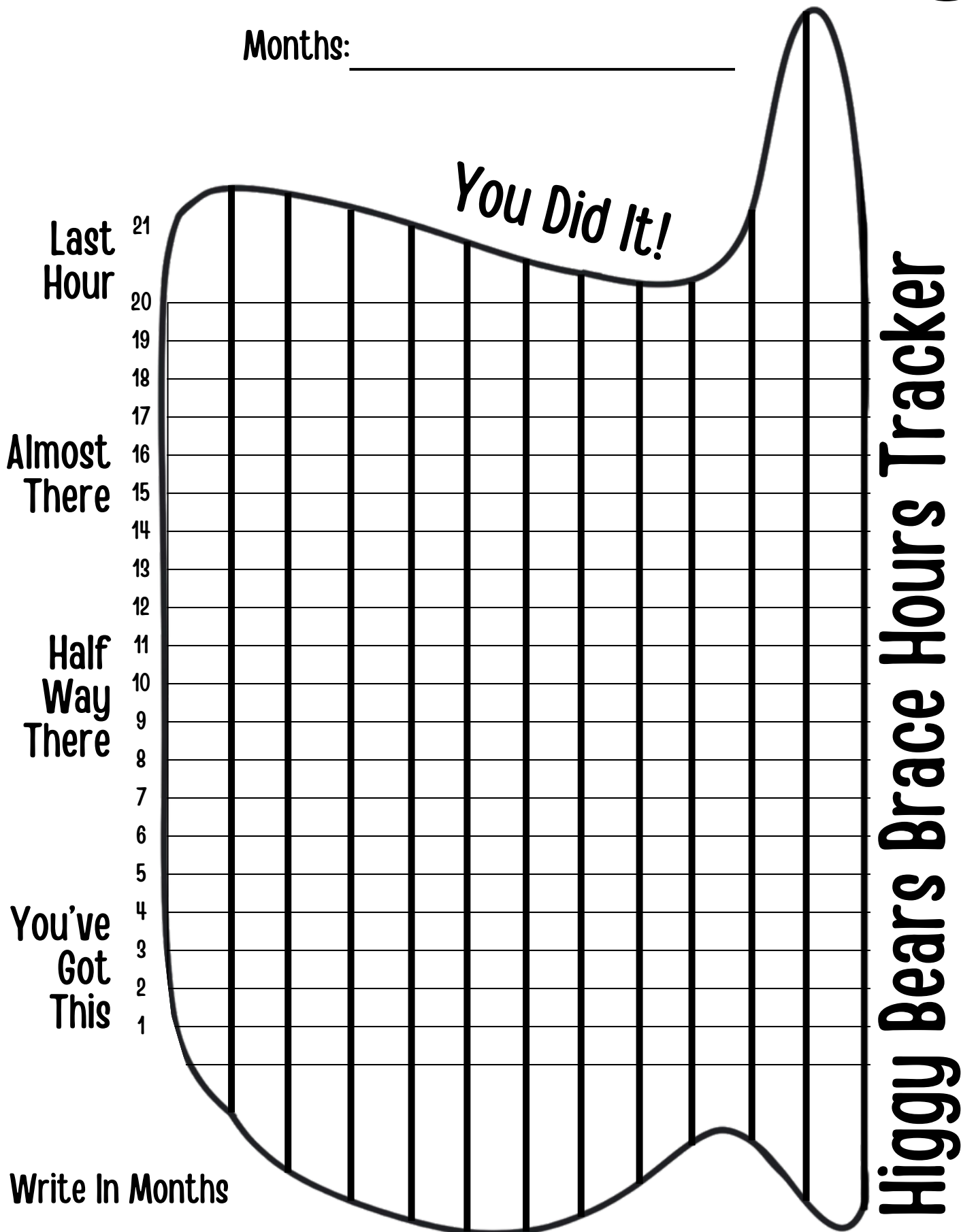
# 12 Month Chart

Months: \_\_\_\_\_



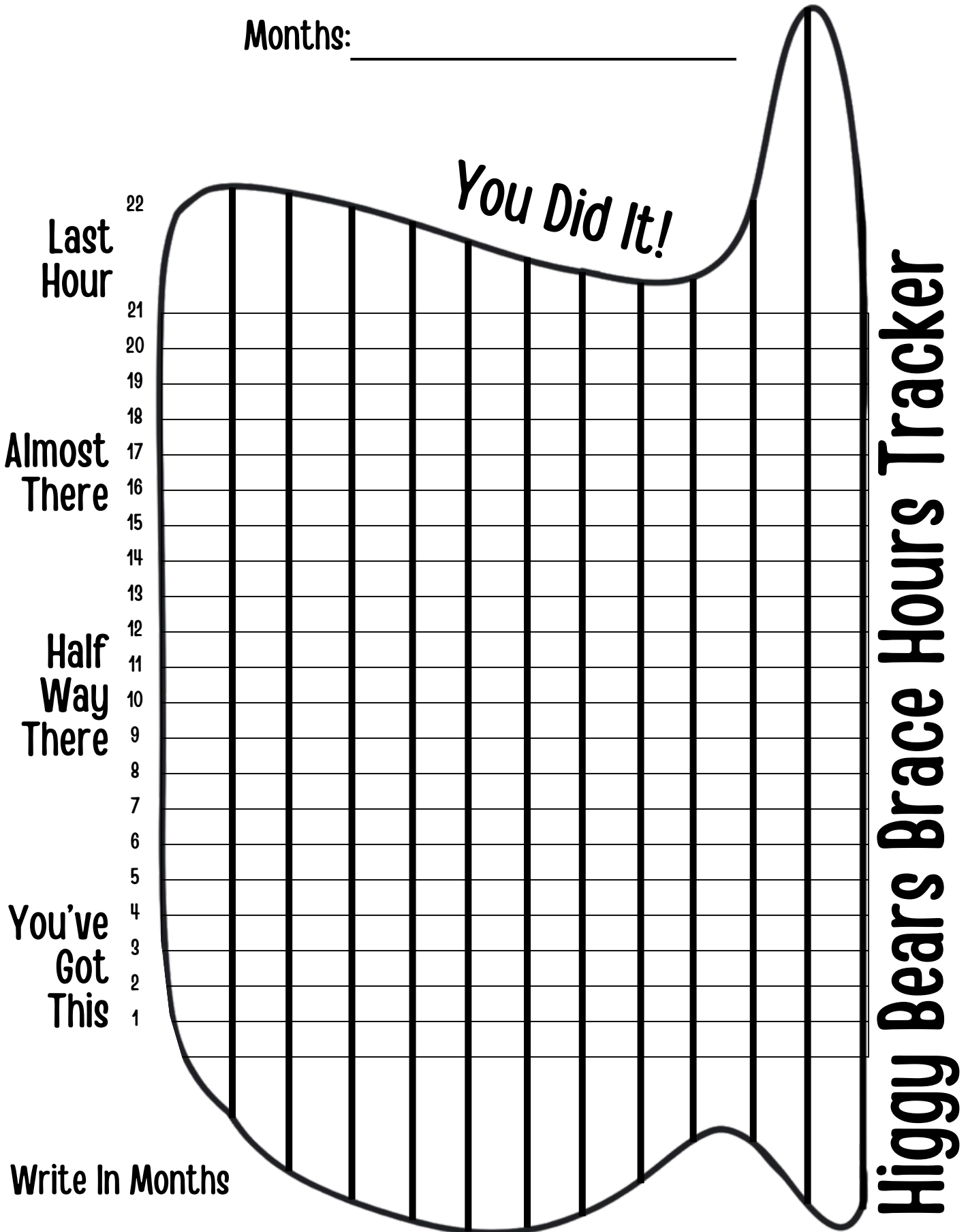
# 12 Month Chart

Months: \_\_\_\_\_



# 12 Month Chart

Months: \_\_\_\_\_





# 12 Month Chart

Months: \_\_\_\_\_

