

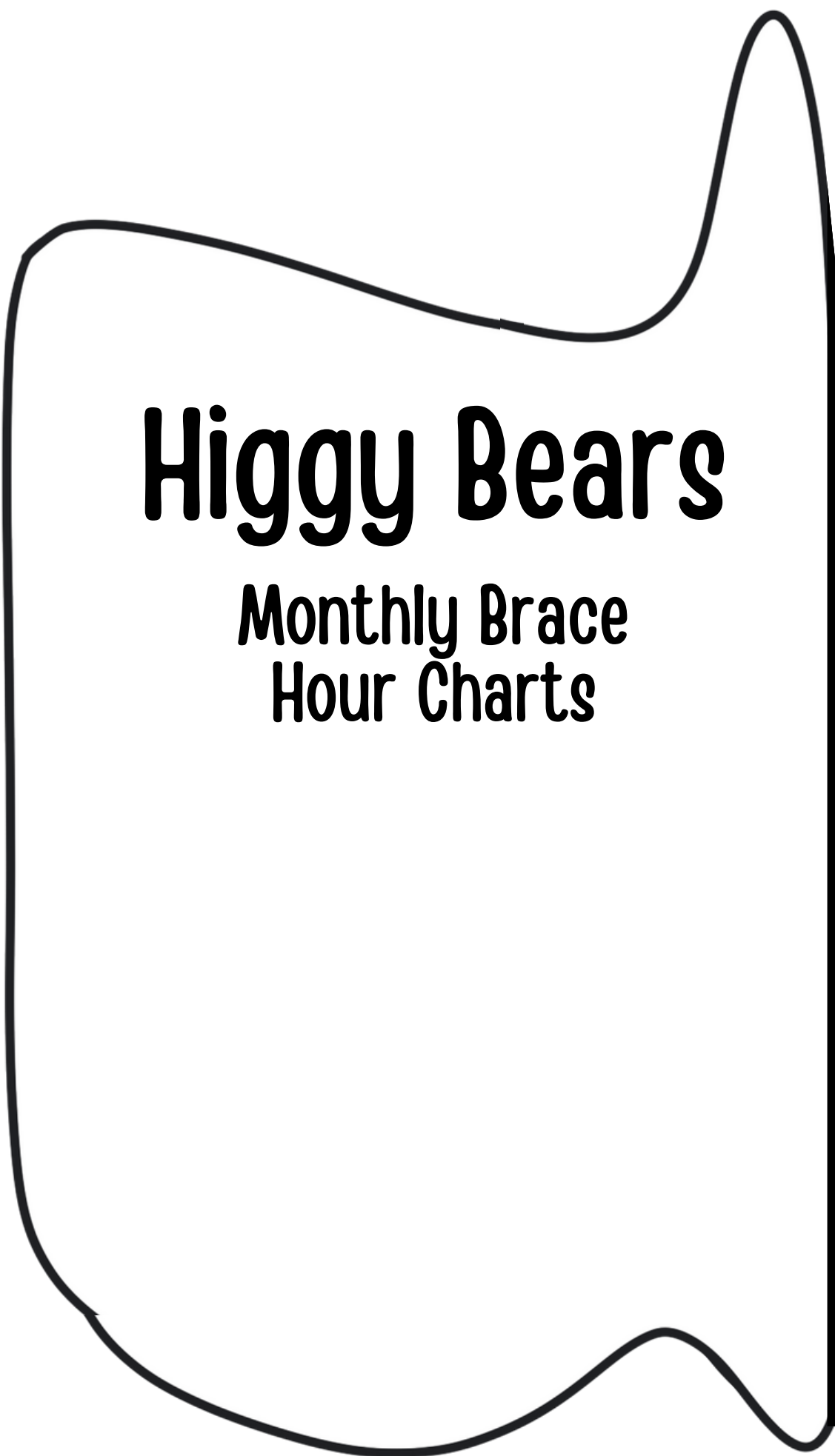
6 Month Brace Hour Charts

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



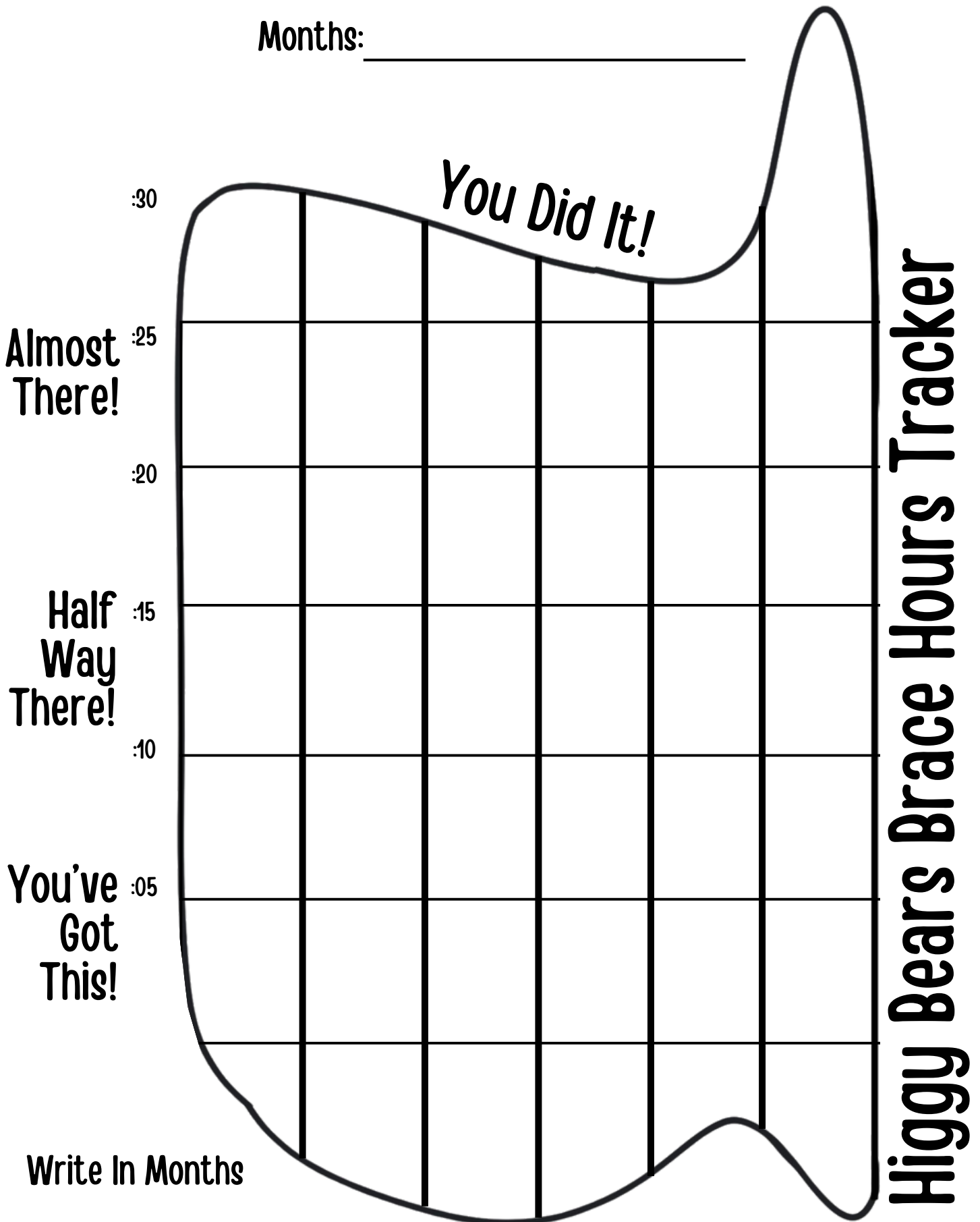
Higgy Bears

Monthly Brace
Hour Charts

6 Month Chart

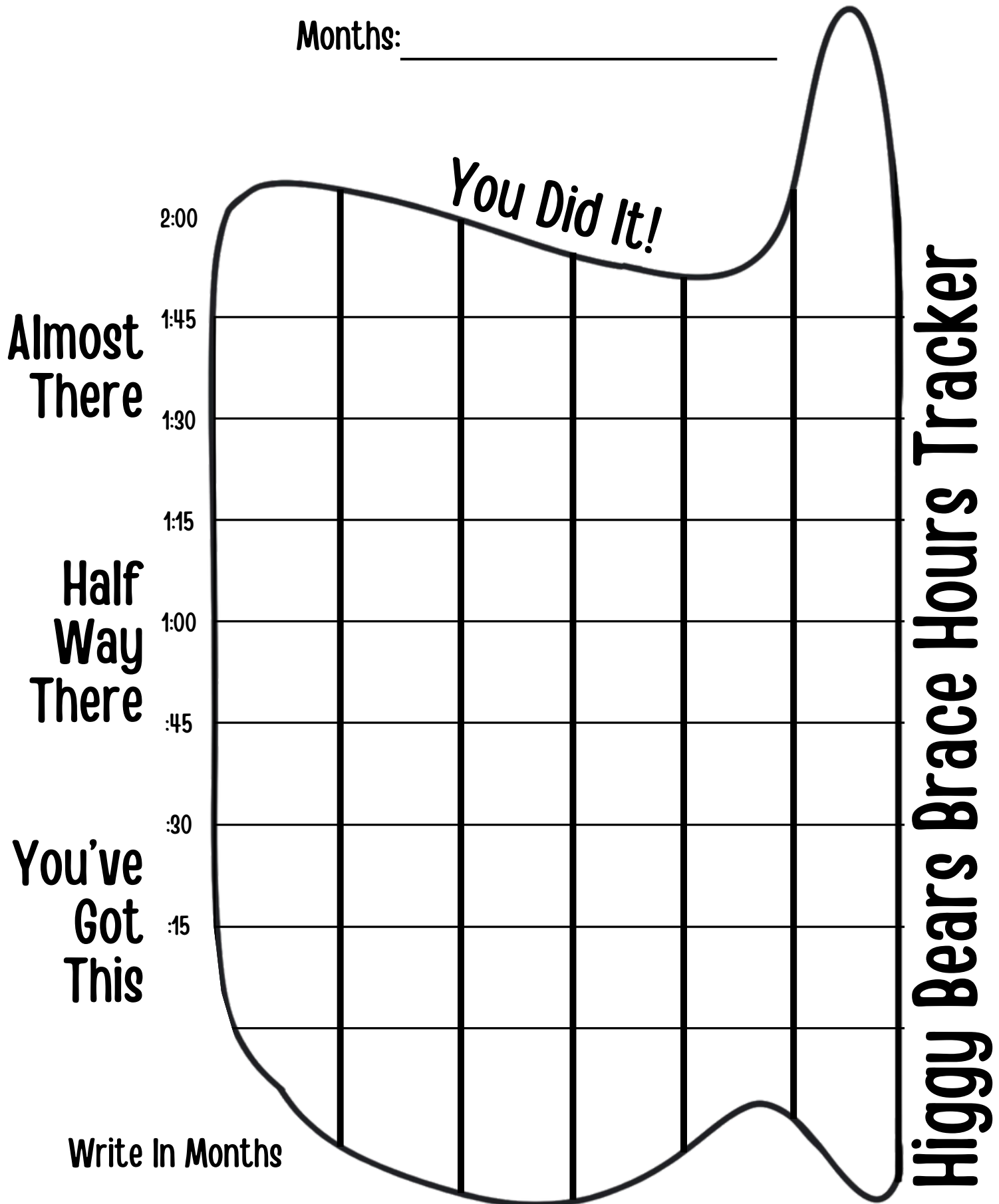
:30

Months: _____



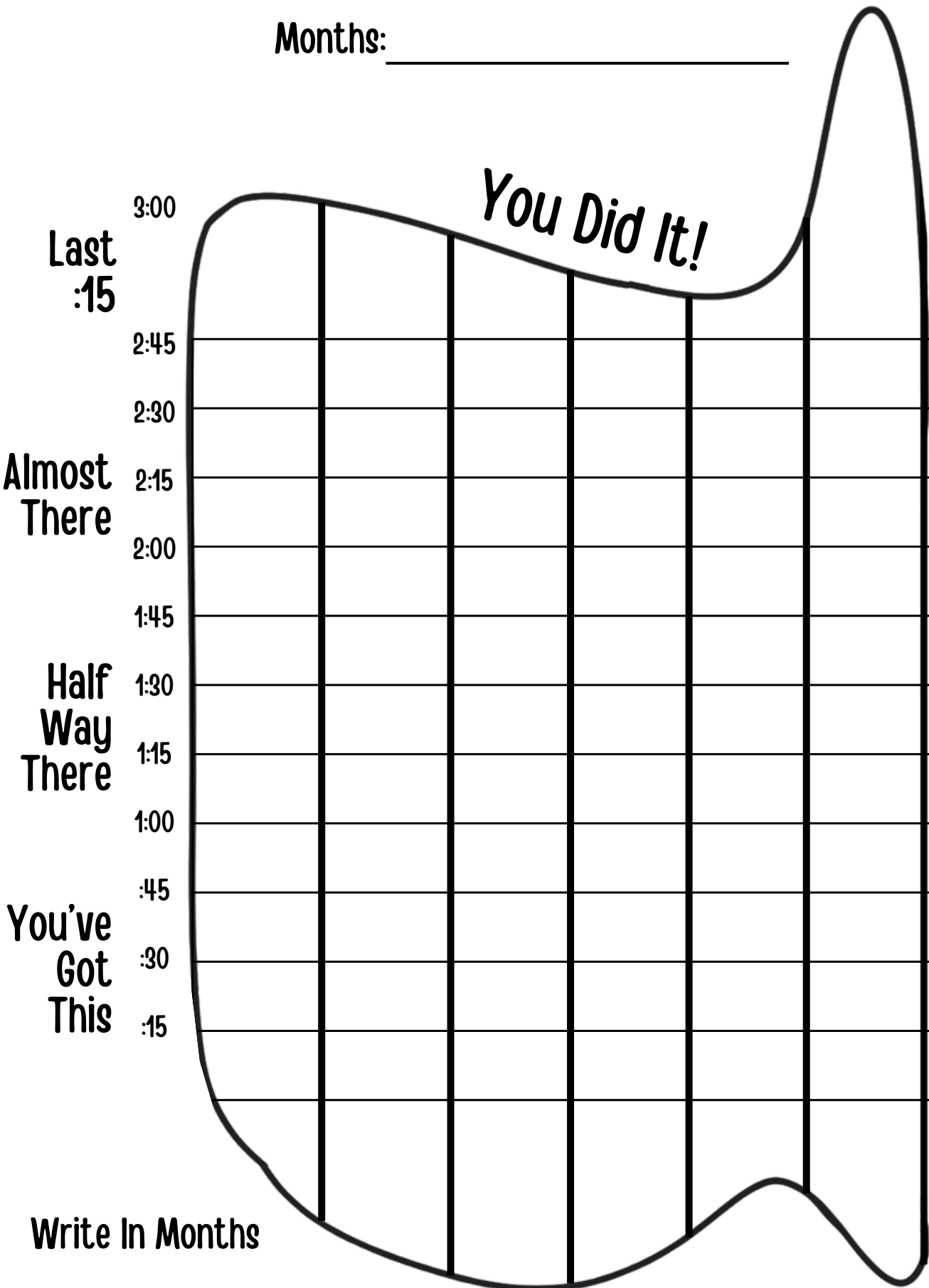
6 Month Chart

Months: _____



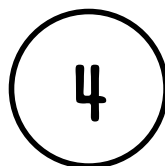
6 Month Chart

Months: _____



Higgly Bears Brace Hours Tracker

6 Month Chart



Months: _____

You Did It!

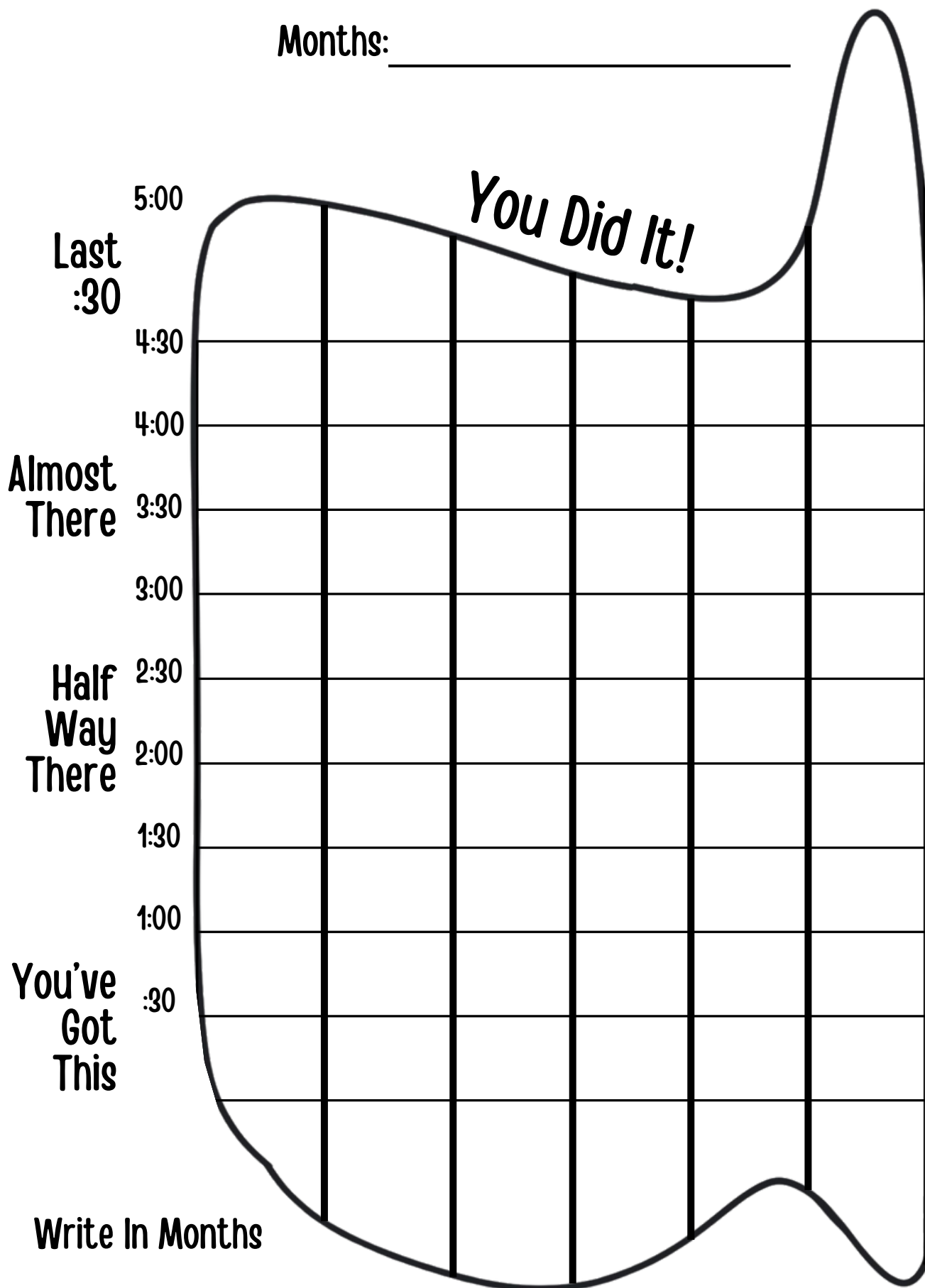
Last :15
4:00
3:45
3:30
3:15
Almost There
3:00
2:45
2:30
2:15
Half Way There
2:00
1:45
1:30
1:15
1:00
You've Got This
:45
:30
:15

Write In Months

Higgý Bears Brace Hours Tracker

6 Month Chart

Months: _____

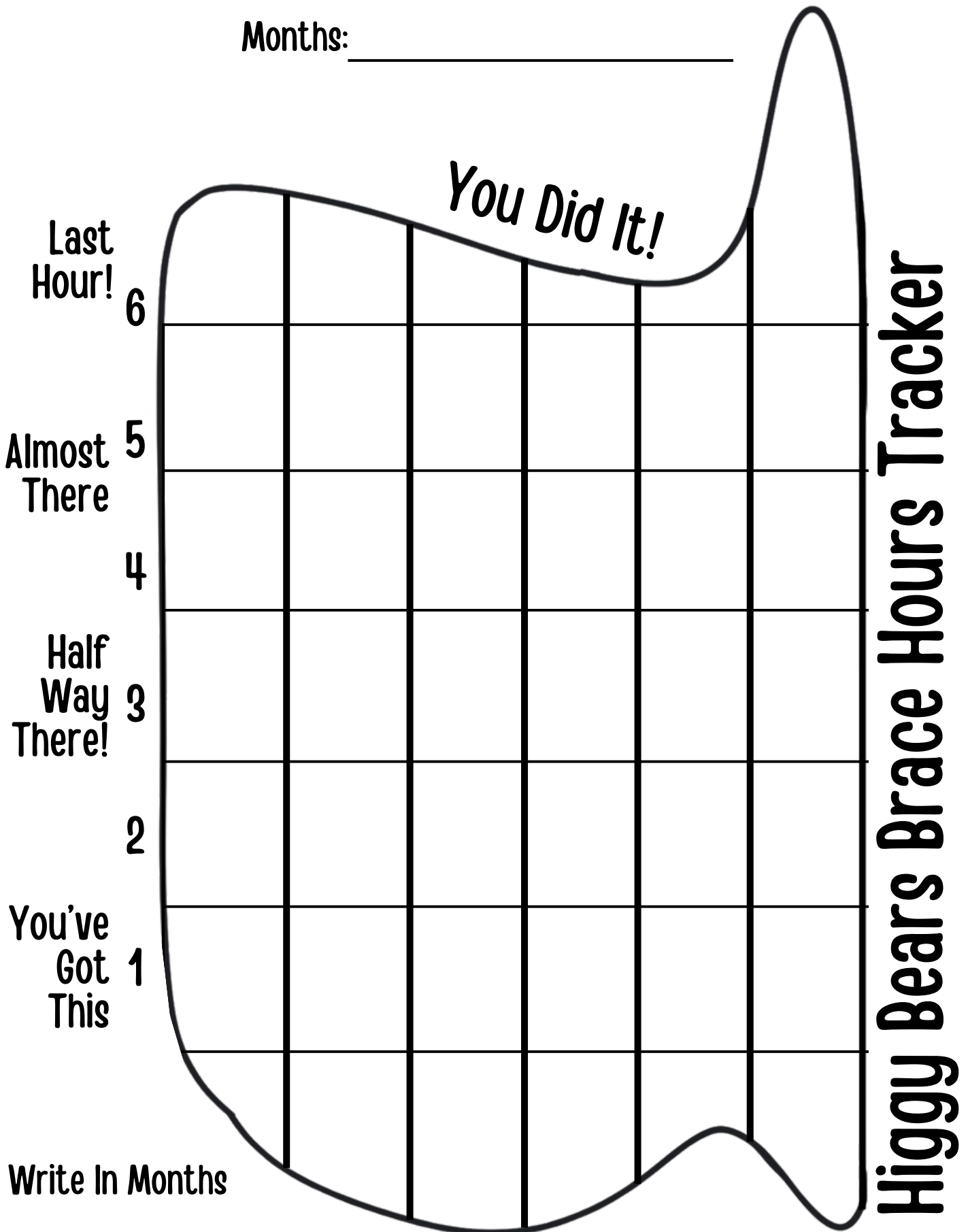


Higgly Bears Brace Hours Tracker

6 Month Chart

6

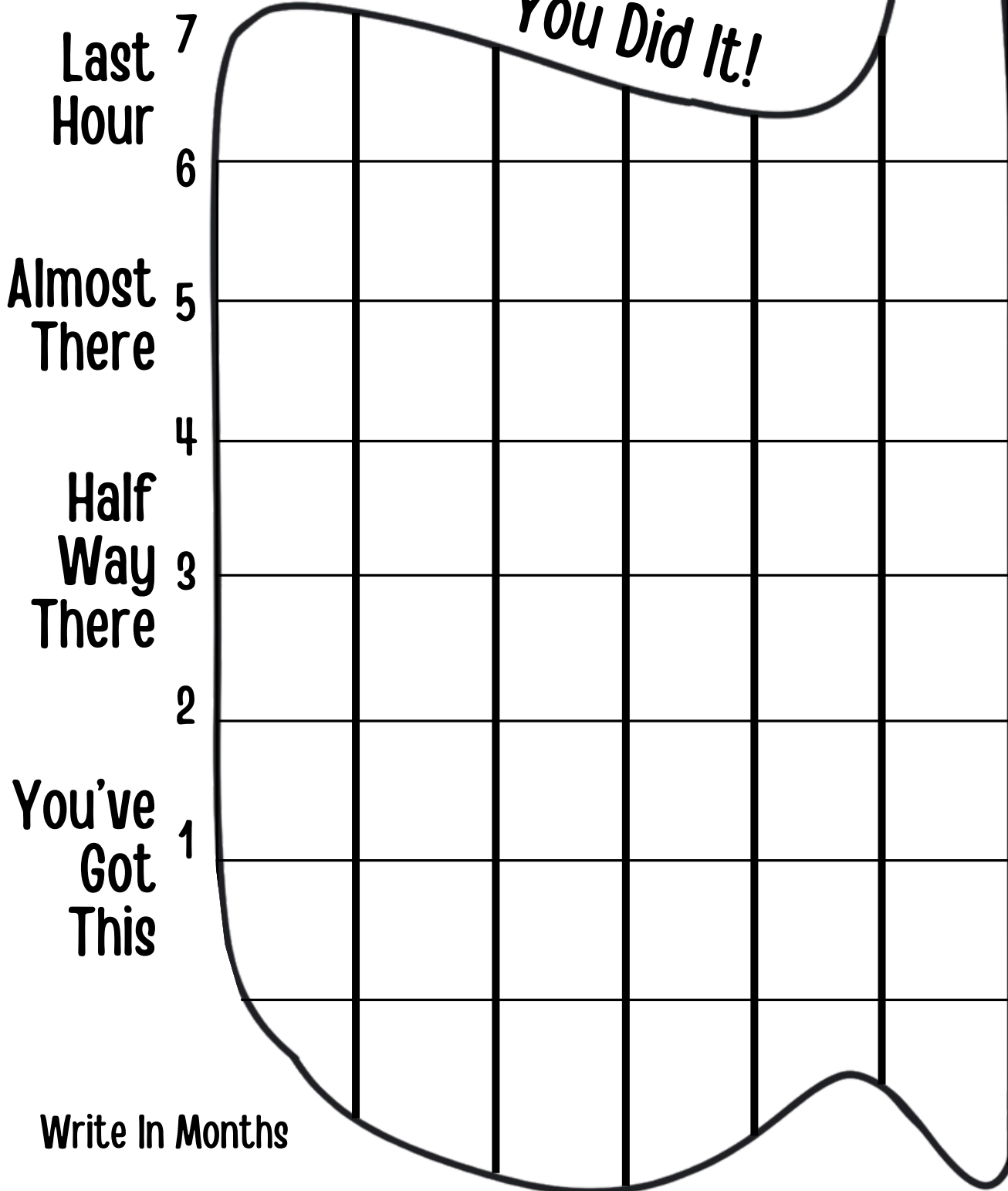
Months: _____



6 Month Chart

Months: _____

You Did It!

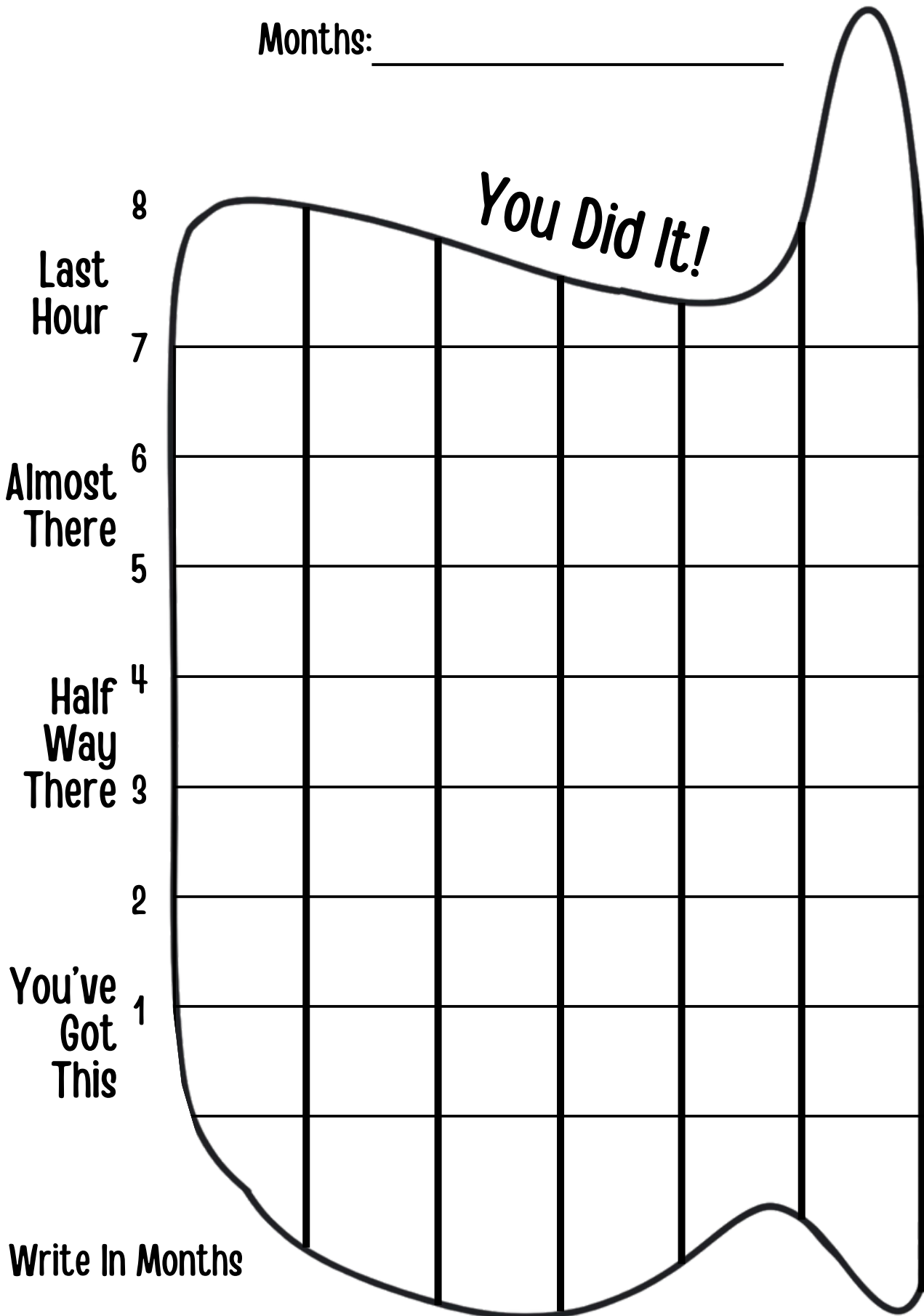


Higgly Bears Brace Hours Tracker

Write In Months

6 Month Chart

Months: _____

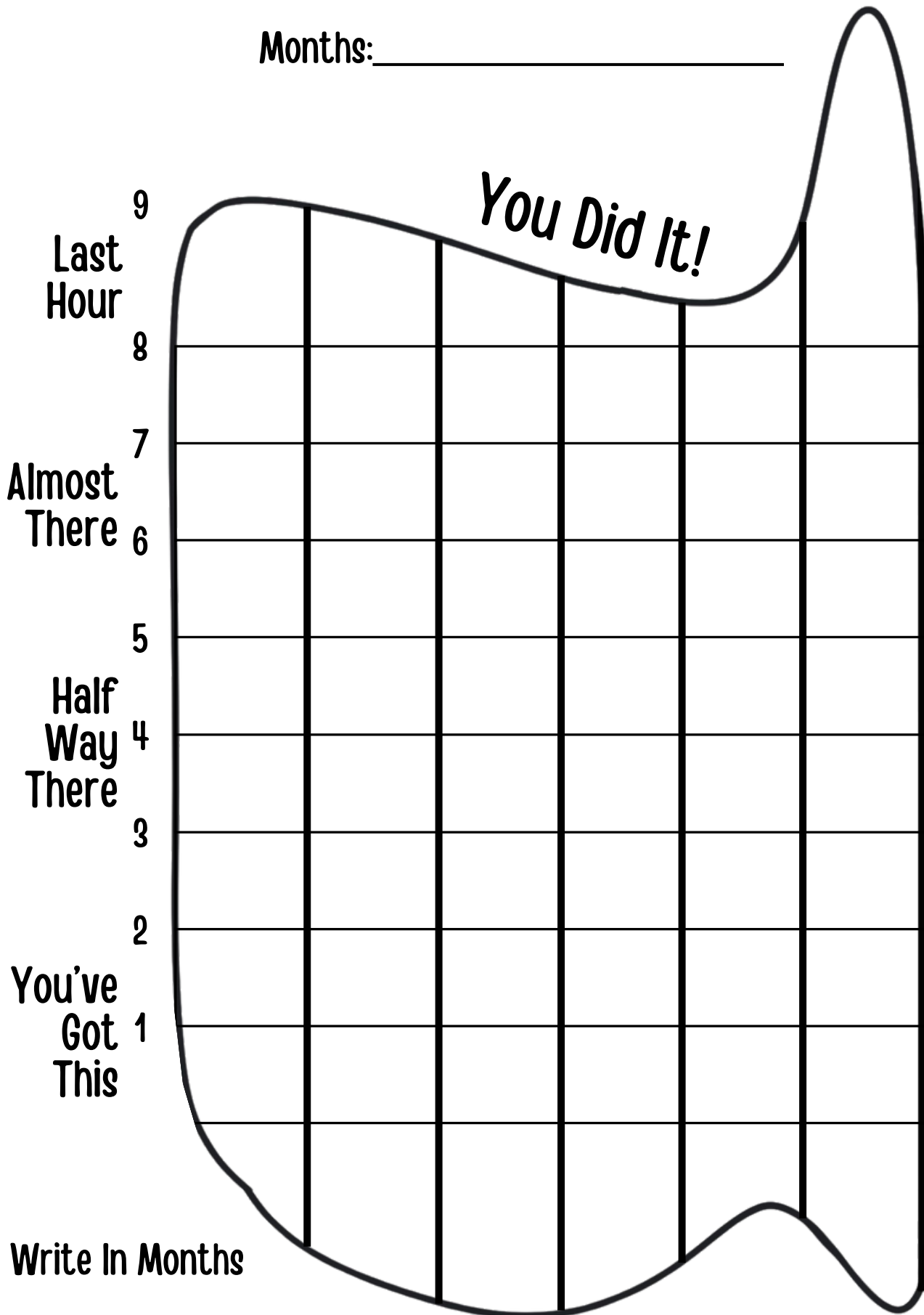


Write In Months

Higgly Bears Brace Hours Tracker

6 Month Chart

Months: _____

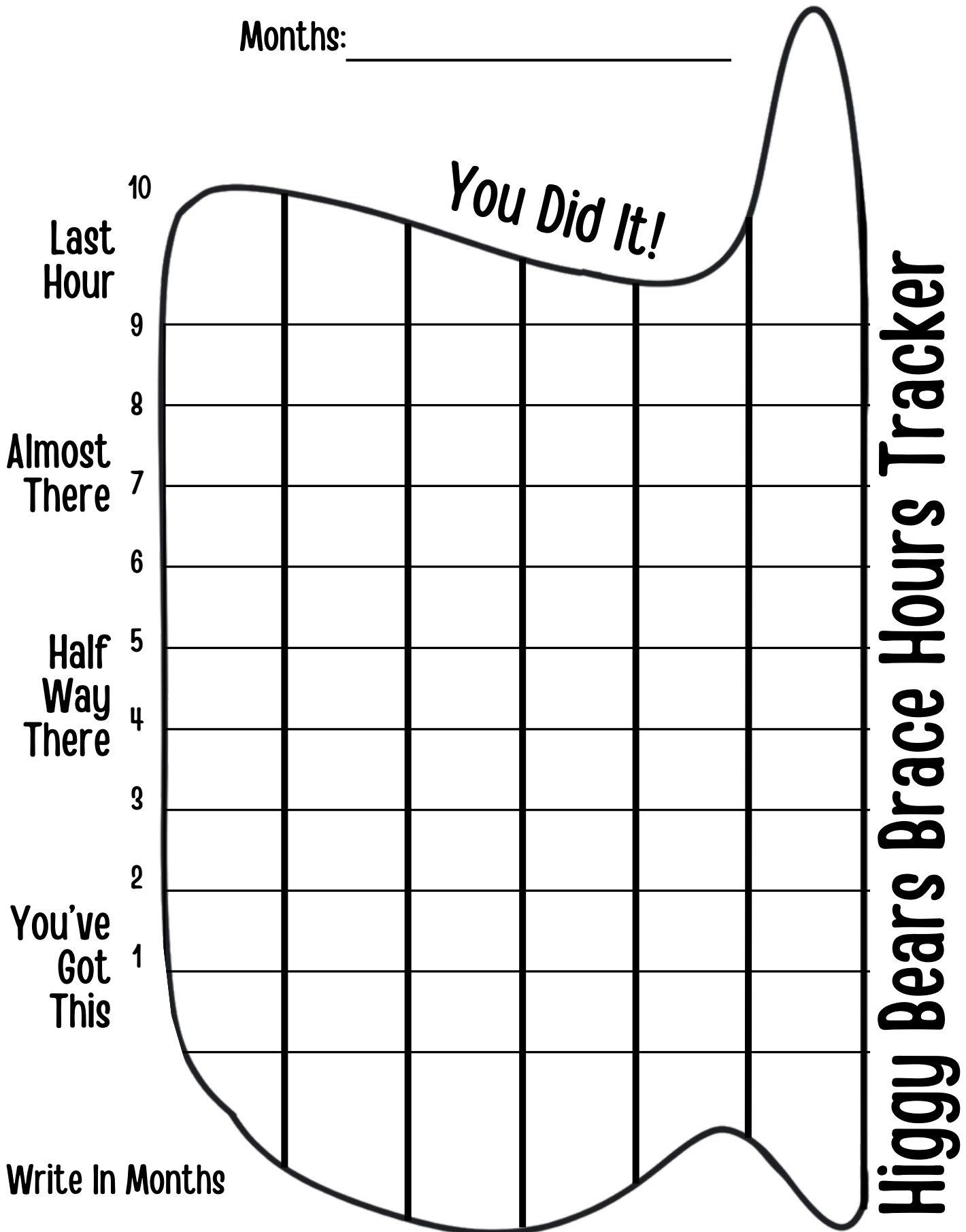


Write In Months

Higgly Bears Brace Hours Tracker

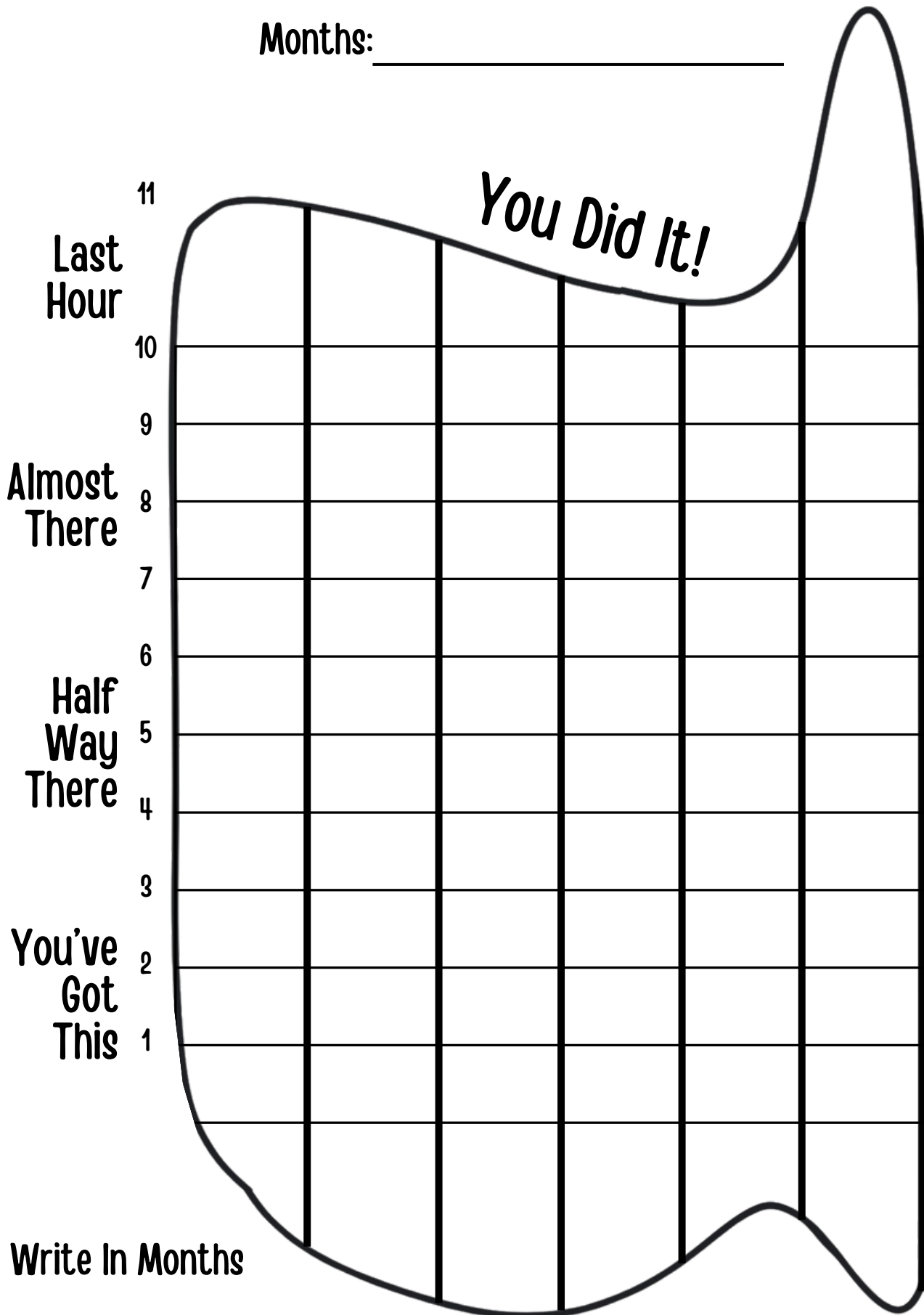
6 Month Chart

Months: _____



6 Month Chart

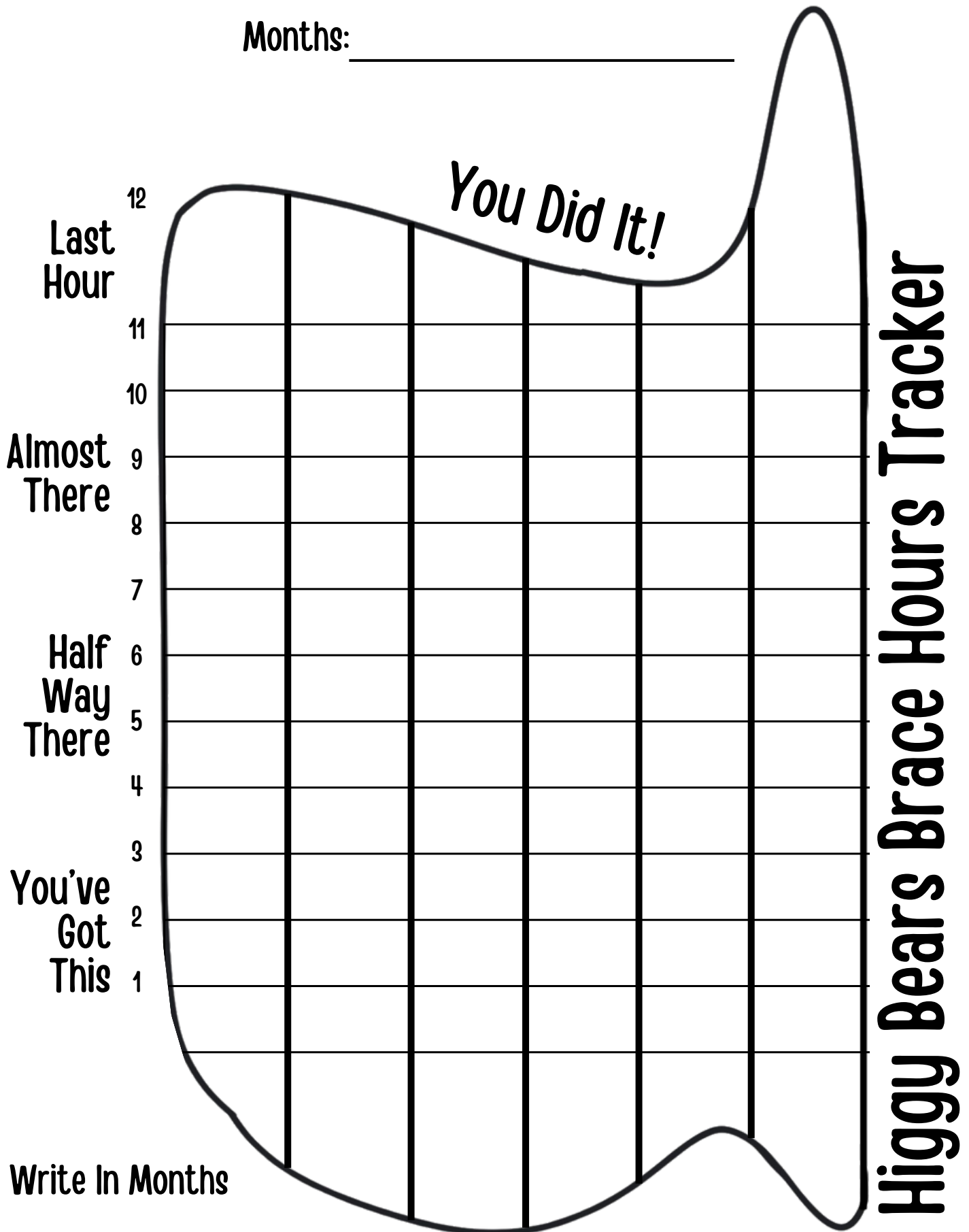
Months: _____



Higgly Bears Brace Hours Tracker

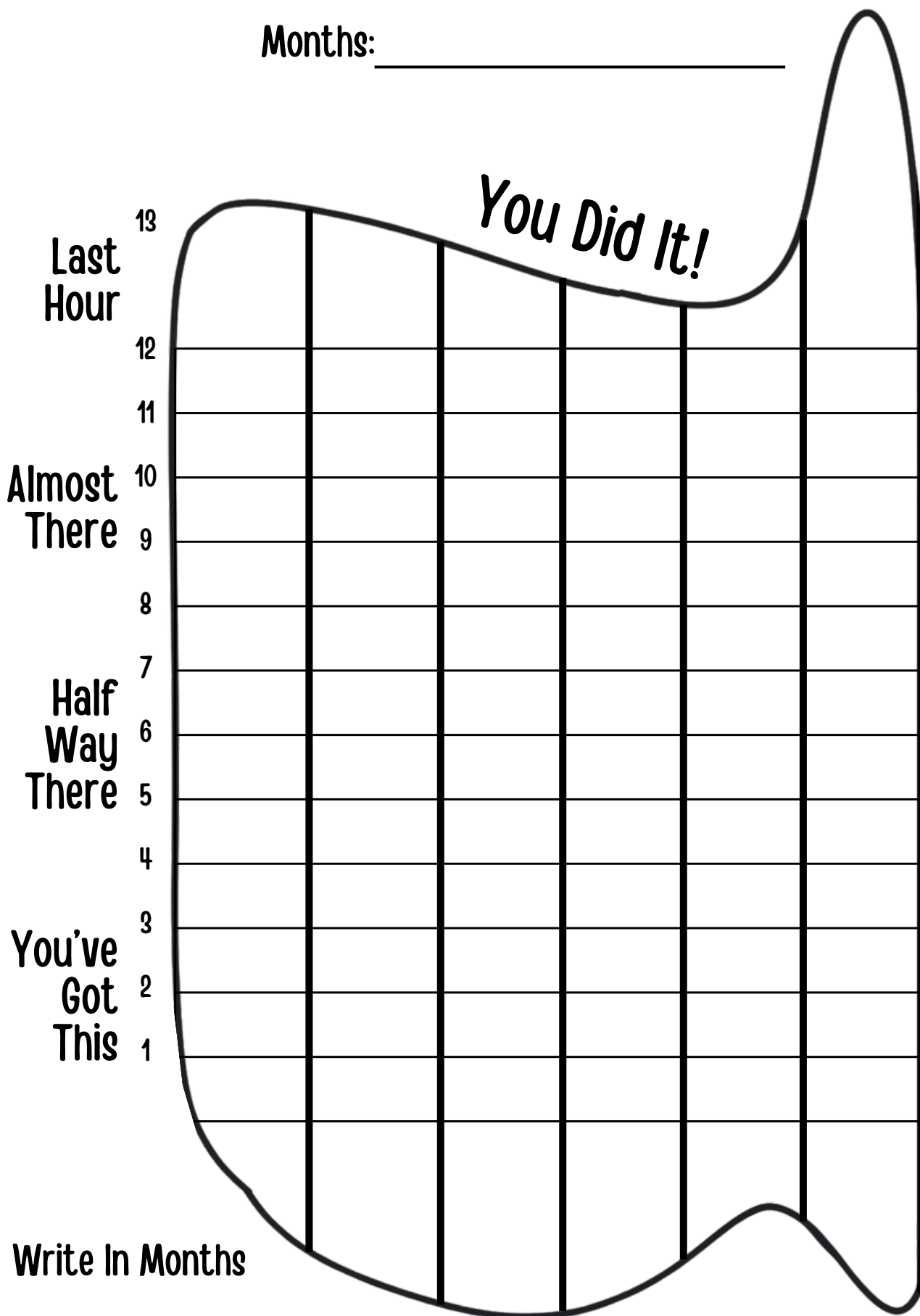
6 Month Chart

Months: _____



6 Month Chart

Months: _____

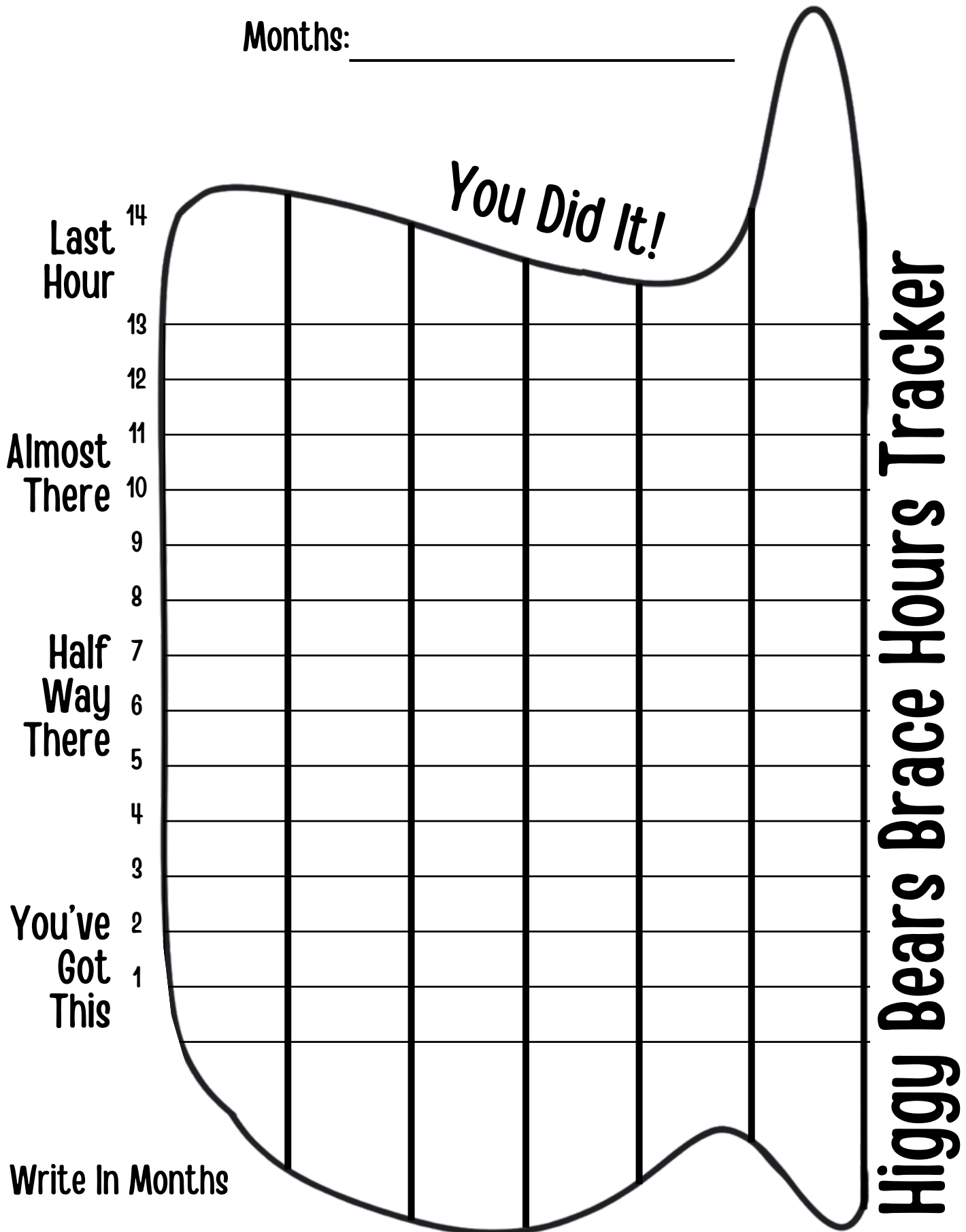


Write In Months

Higgly Bears Brace Hours Tracker

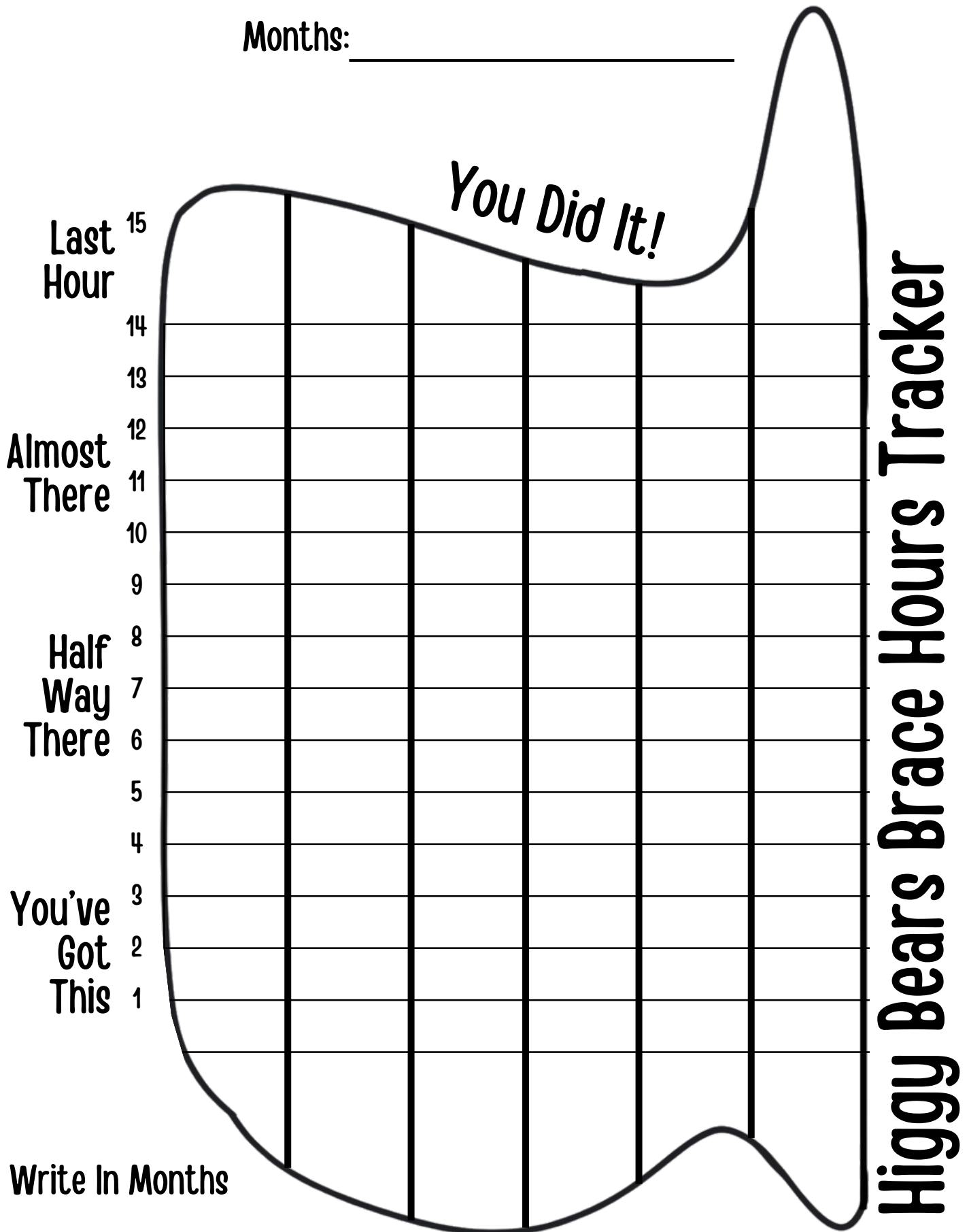
6 Month Chart

Months: _____



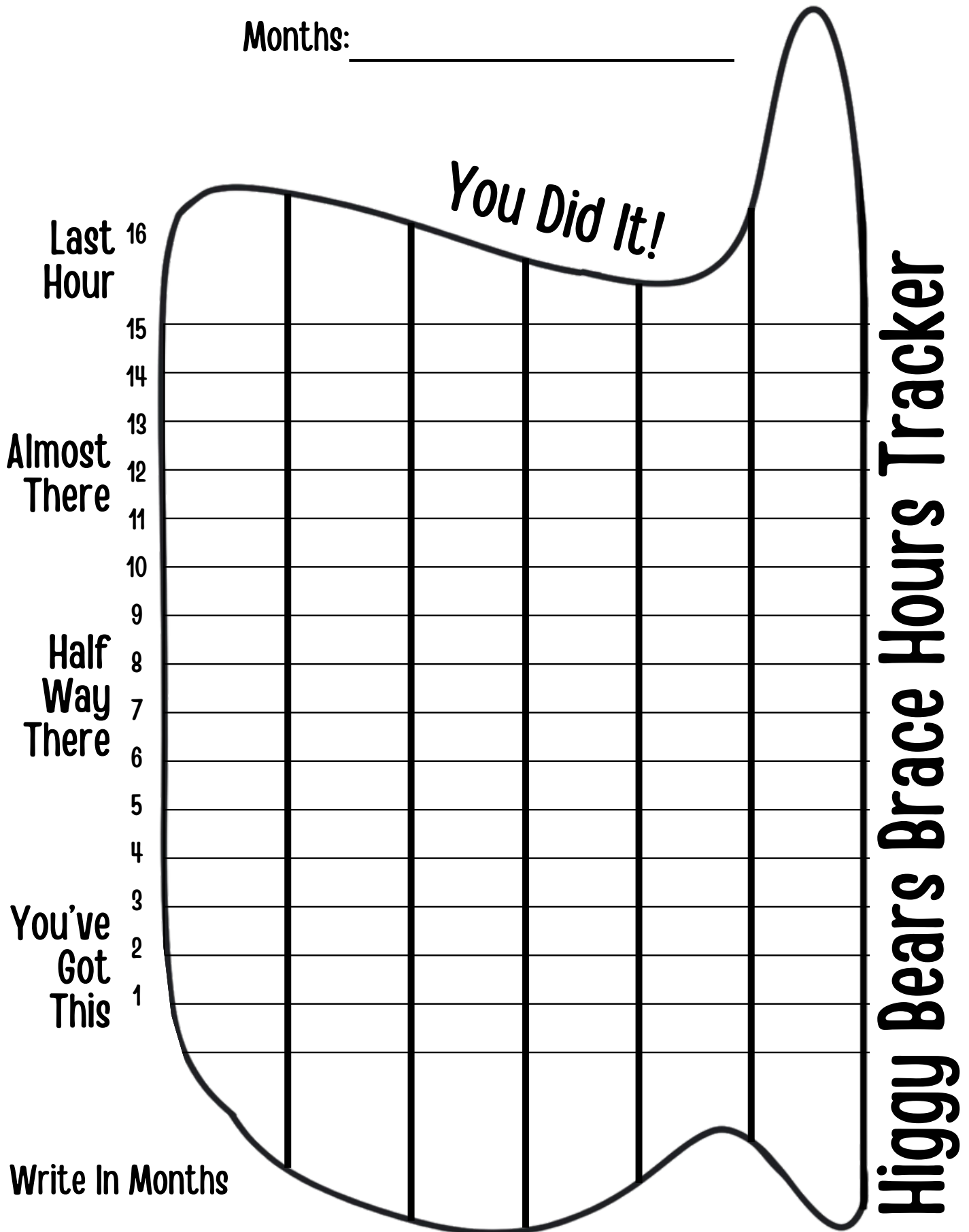
6 Month Chart

Months: _____



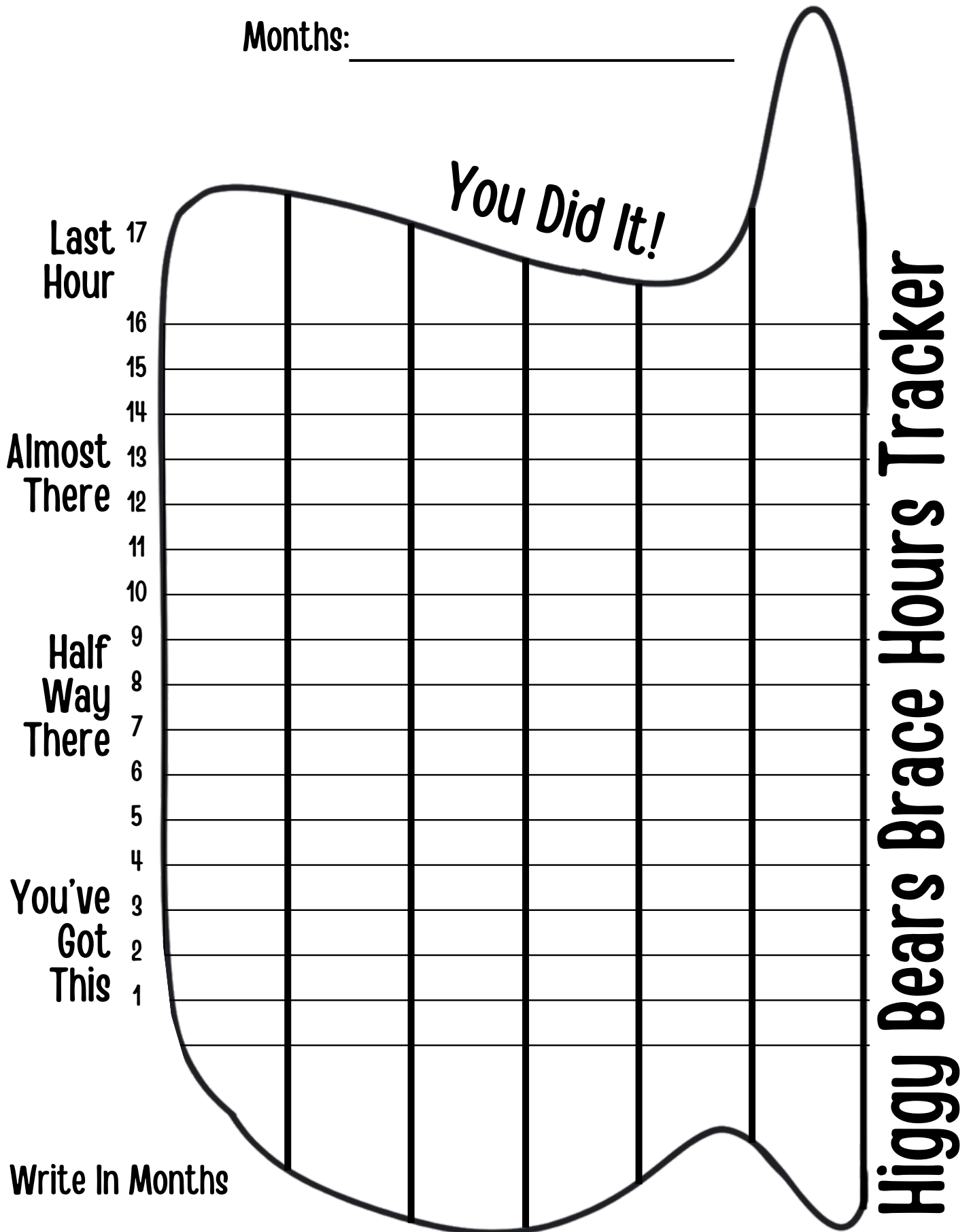
6 Month Chart

Months: _____



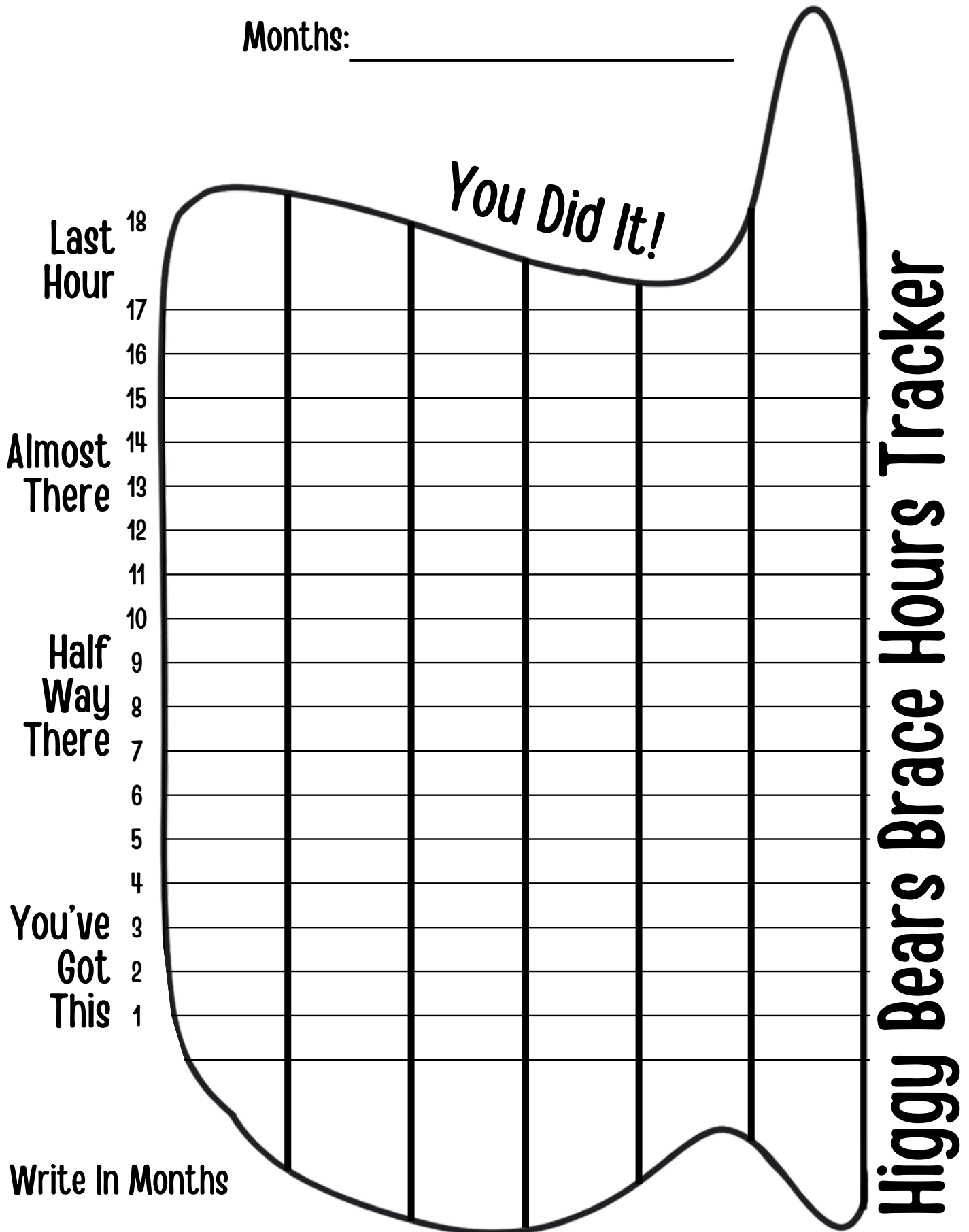
6 Month Chart

Months: _____



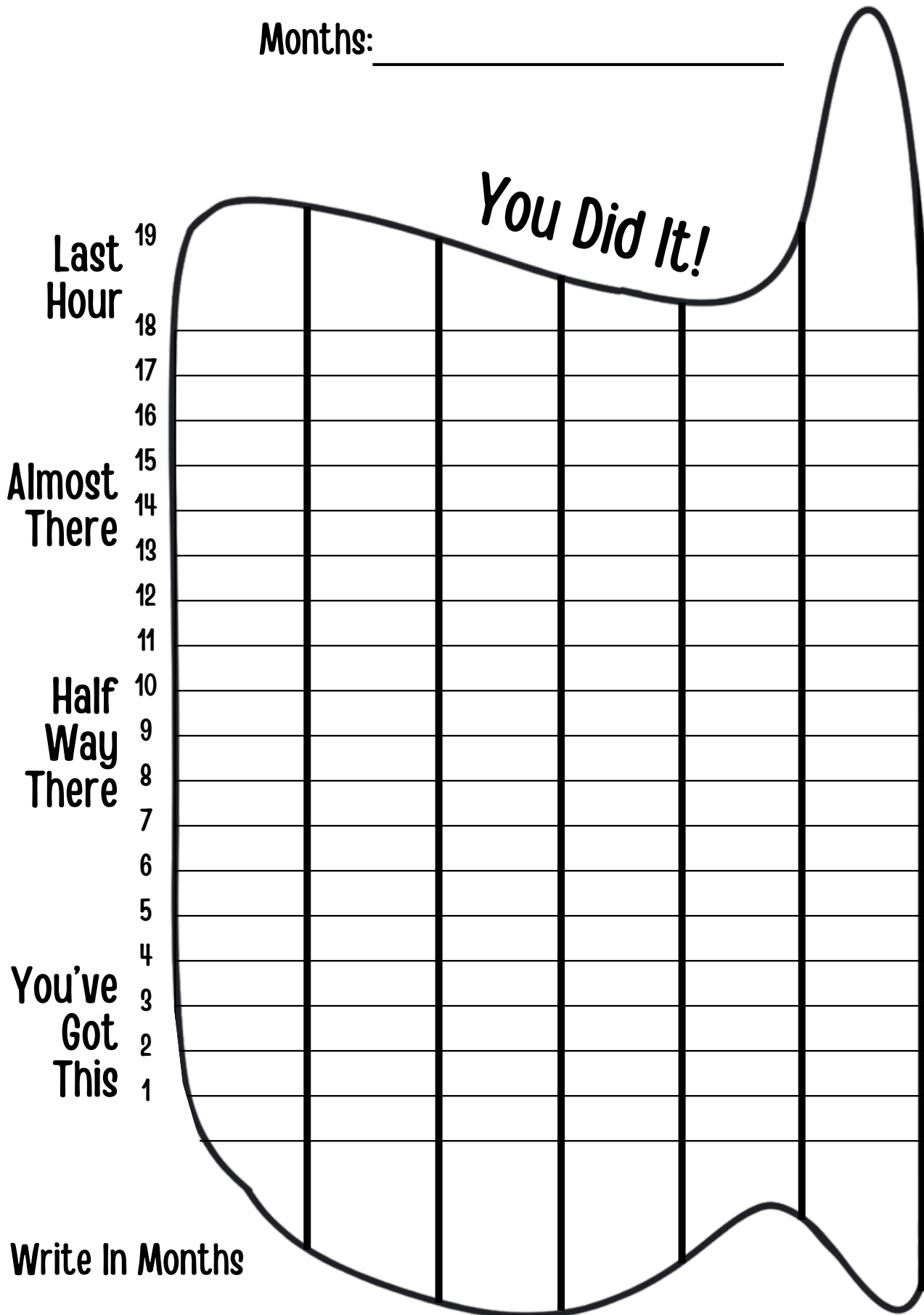
6 Month Chart

Months: _____



6 Month Chart

Months: _____

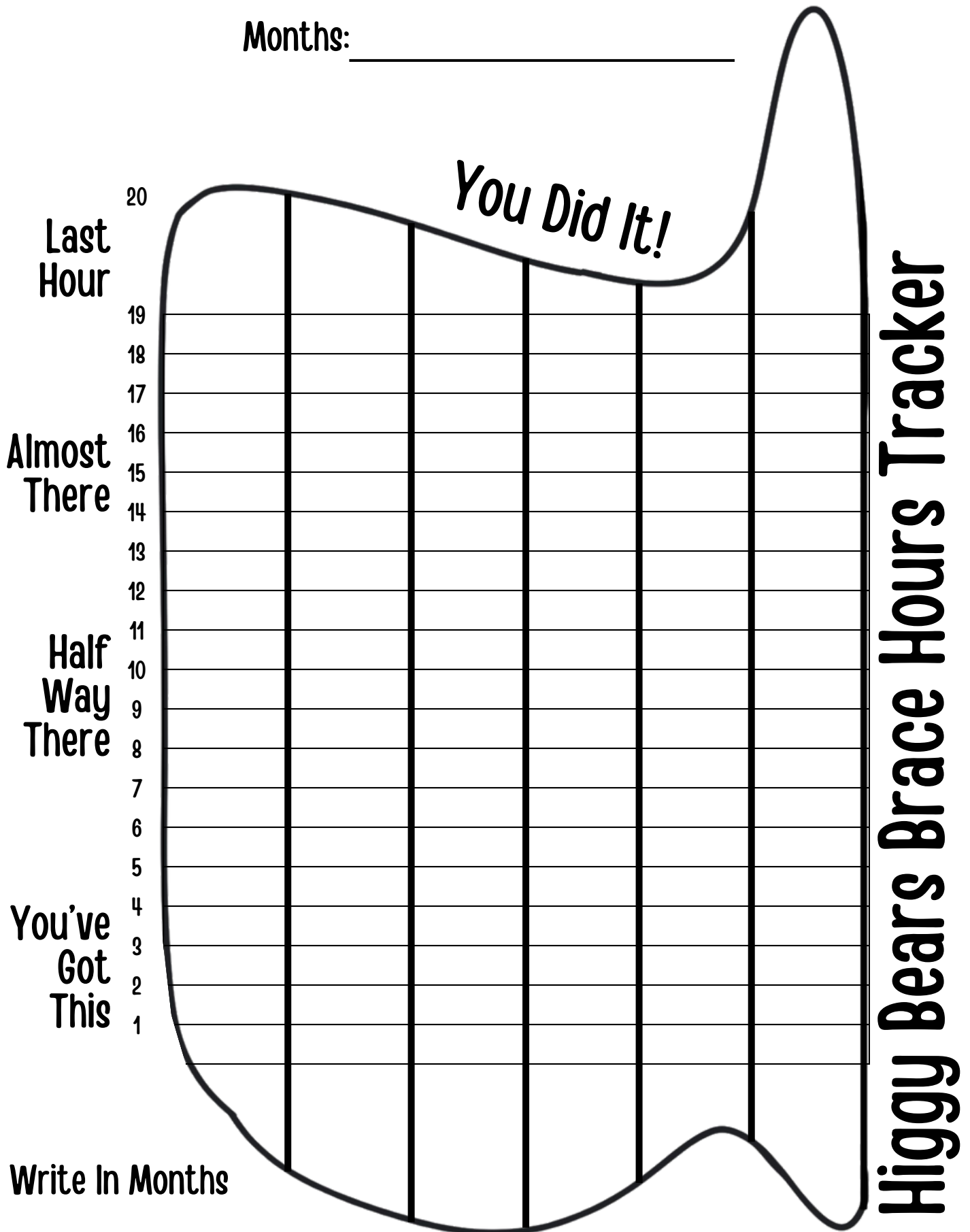


Write In Months

Higgly Bears Brace Hours Tracker

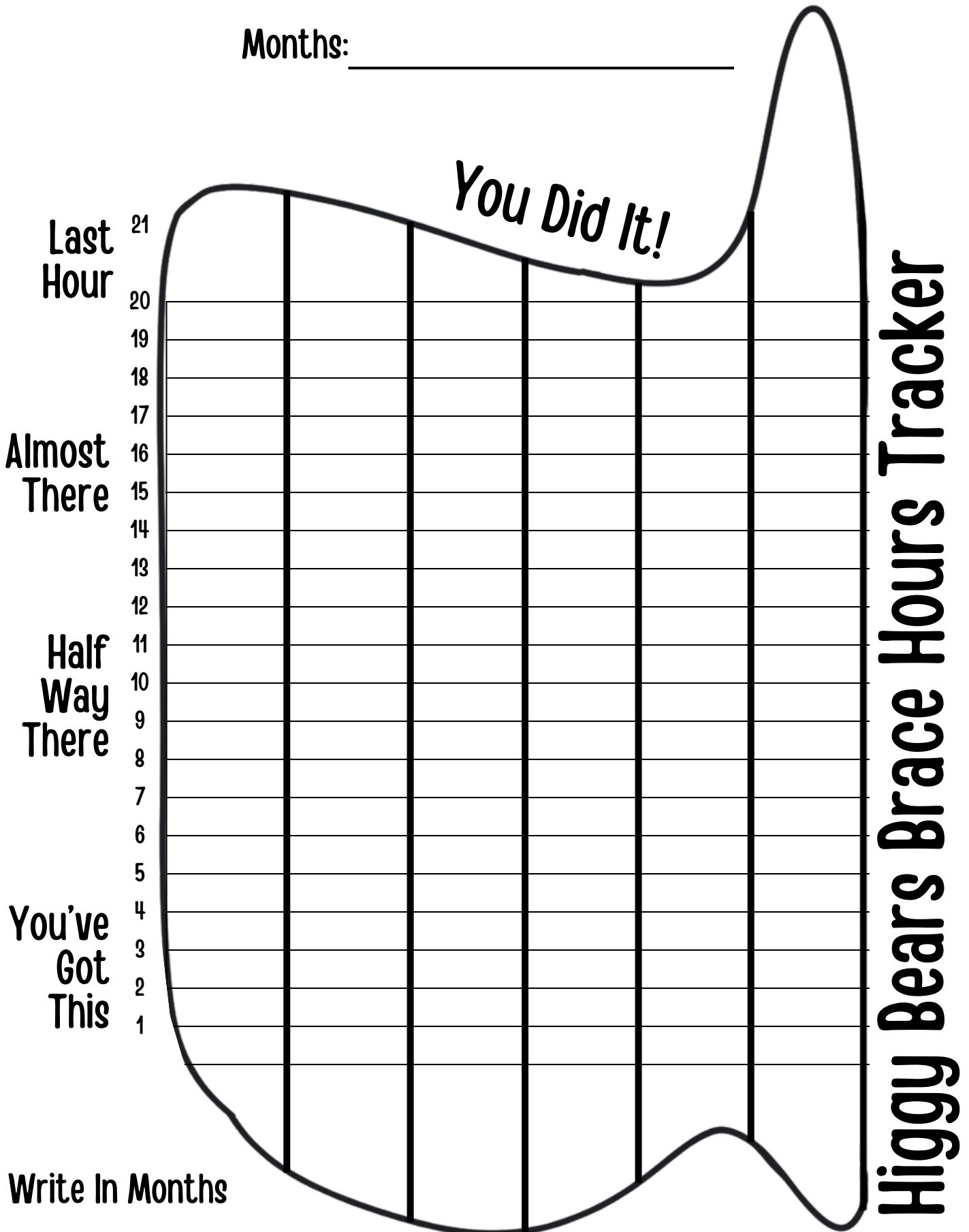
6 Month Chart

Months: _____



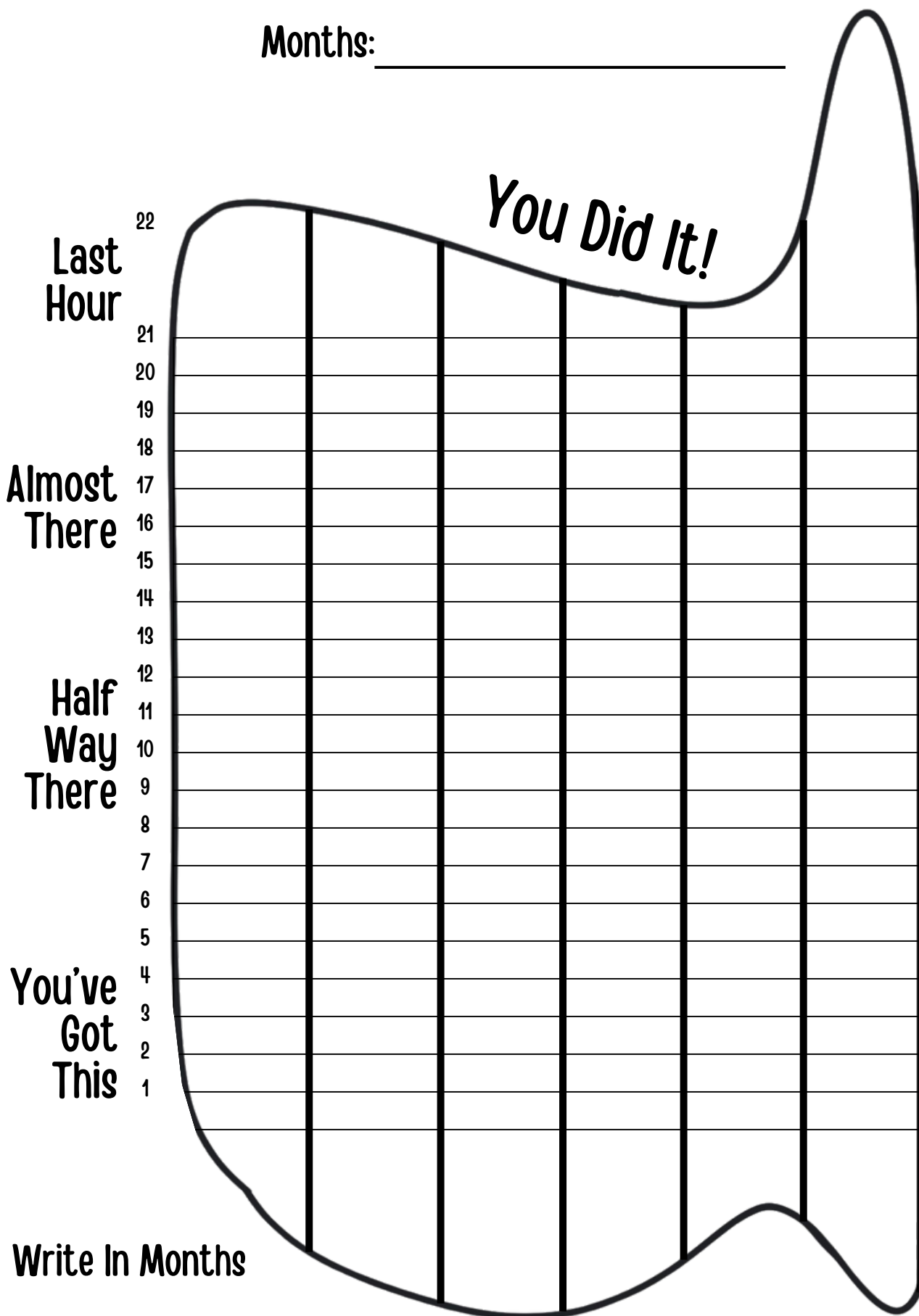
6 Month Chart

Months: _____



6 Month Chart

Months: _____



Higgy Bears Brace Hours Tracker

6 Month Chart

Months: _____

You Did It!

23
Last Hour
22
21
20
19
Almost There
18
17
16
15
14
13
Half Way There
12
11
10
9
8
7
6
5
You've Got This
4
3
2
1

Write In Months

Higgy Bears Brace Hours Tracker