

Daily Brace Hour Charts

30 Minutes - 23 Hours

Directions: Find the chart that corresponds with your brace hour goal for the day. Color in the sections representing the amount of time you wore your brace. Try to color in the whole sheet if you can. Add your daily hours to your weekly sheet at the end of the week.

Remember, no one is perfect. You might not fill up your brace every day, but please remember how hard you are trying. Be proud of yourself each day, no matter how many hours you get in. What you're doing is hard, but you've got this! You can do it! You are scoliosis strong!

Bent Not Broken

Daily Brace Hours

:30

Day: _____

You Did It!

Almost
There

:05

:05

:05

Half
Way
There

:05

:05

:05

You've
Got
This

Higgly Bears Brace Hours Tracker

Daily Brace Hours

1

Day: _____

You Did It!

Almost
There

:05

:05

:05

Half
Way
There

:05

:05

:05

You've
Got
This

:05

:05

:05

:05

:05

:05

Higgly Bears Brace Hours Tracker

Daily Brace Hours

2

Day: _____

You Did It!

Almost
There

:10

:10

:10

Half
Way
There

:10

:10

:10

You've
Got
This

:10

:10

:10

:10

:10

:10

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:15

:15

:15

Half
Way
There

:15

:15

:15

You've
Got
This

:15

:15

:15

:15

:15

:15

Higgly Bears Brace Hours Tracker

Daily Brace Hours

4

Day: _____

You Did It!

Almost
There

:20

:20

:20

Half
Way
There

:20

:20

:20

You've
Got
This

:20

:20

:20

:20

:20

:20

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:20

:20

:20

:20

:20

:20

Half
Way
There

:20

:20

:20

You've
Got
This

:20

:20

:20

:20

:20

:20

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

Half
Way
There

:30

:30

:30

You've
Got
This

:30

:30

:30

:30

:30

:30

Higgly Bears Brace Hours Tracker

Daily Brace Hours

7

Day: _____

You Did It!

Almost
There

:15

:15

:15

:15

Half
Way
There

:30

:30

:30

:30

You've
Got
This

:30

:30

:30

:30

:30

:30

:30

:30

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

Half
Way
There

:30

:30

:30

:30

You've
Got
This

:30

:30

:30

:30

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:15

:15

:15

:15

:30

:30

:30

:30

Half
Way
There

:30

:30

:30

:30

:30

:30

:30

:30

You've
Got
This

:30

:30

:30

:30

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

:30

:30

:30

:30

Half
Way
There

:30

:30

:30

:30

:30

:30

:30

:30

You've
Got
This

:30

:30

:30

:30

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

1:00

:30

:30

Half
Way
There

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

12

Day: _____

You Did It!

Almost
There

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

13

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

Half
Way
There

:30

:30

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

1:00

1:00

:30

:30

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

:30

:30

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

1:00

1:00

:30

:30

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

20

Day: _____

You Did It!

Almost
There

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

21

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

:30

:30

1:00

1:00

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

22

Day: _____

You Did It!

Almost
There

:30

:30

:30

:30

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker

Daily Brace Hours

Day: _____

You Did It!

Almost
There

1:00

1:00

:30

:30

1:00

1:00

1:00

1:00

Half
Way
There

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

You've
Got
This

1:00

1:00

1:00

1:00

1:00

1:00

1:00

1:00

Higgly Bears Brace Hours Tracker