

# Monthly Brace Hours Charts

**30 Minutes - 23 Hours**

Directions: Find the chart that corresponds with your brace hour goal for the month. Choose the page with either 4 or 5 months depending on the month. Print only that page. Color in the sections representing your weekly average for each week in the month. You will transfer these from your weekly charts.

Track how you are doing over the month. You can bring these pages to your orthotist and doctor's appointments to show them how awesome you are doing!

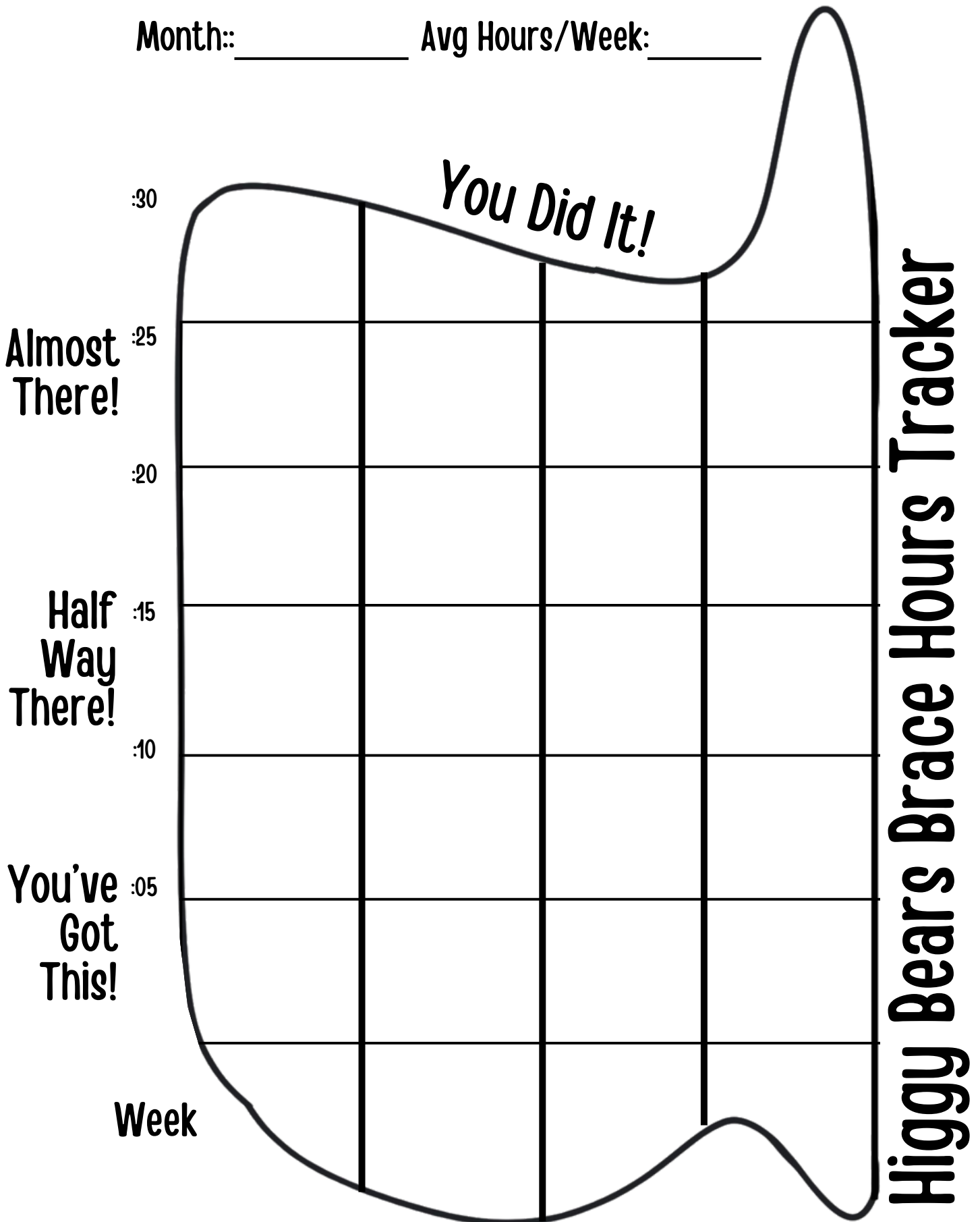
At the end of the month, total up your hours and divide them by the number of weeks in the month. This is your monthly average. Transfer this total to your 6 month and 12 month charts.

Bent Not Broken

# Monthly Brace Hours

:30

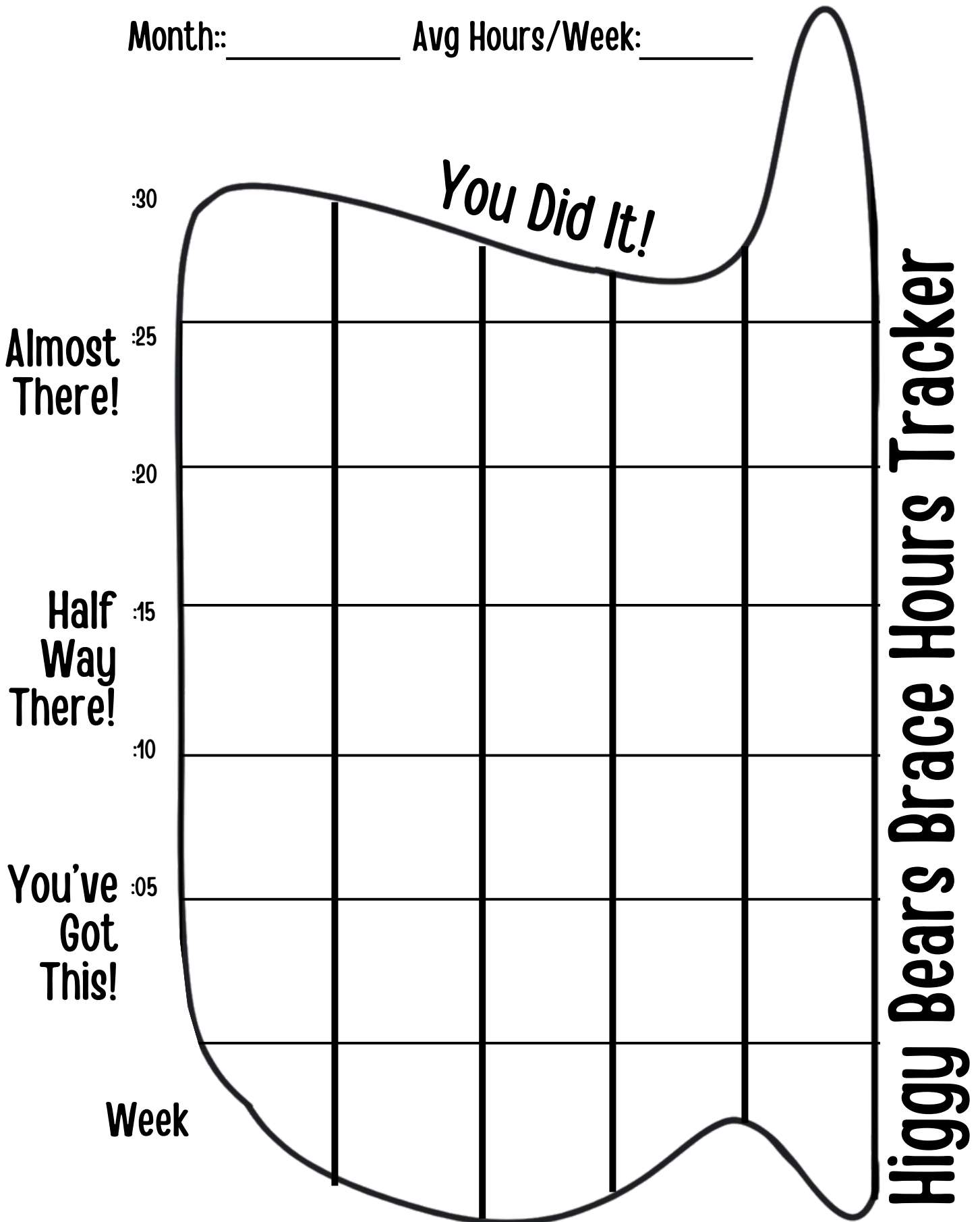
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

:30

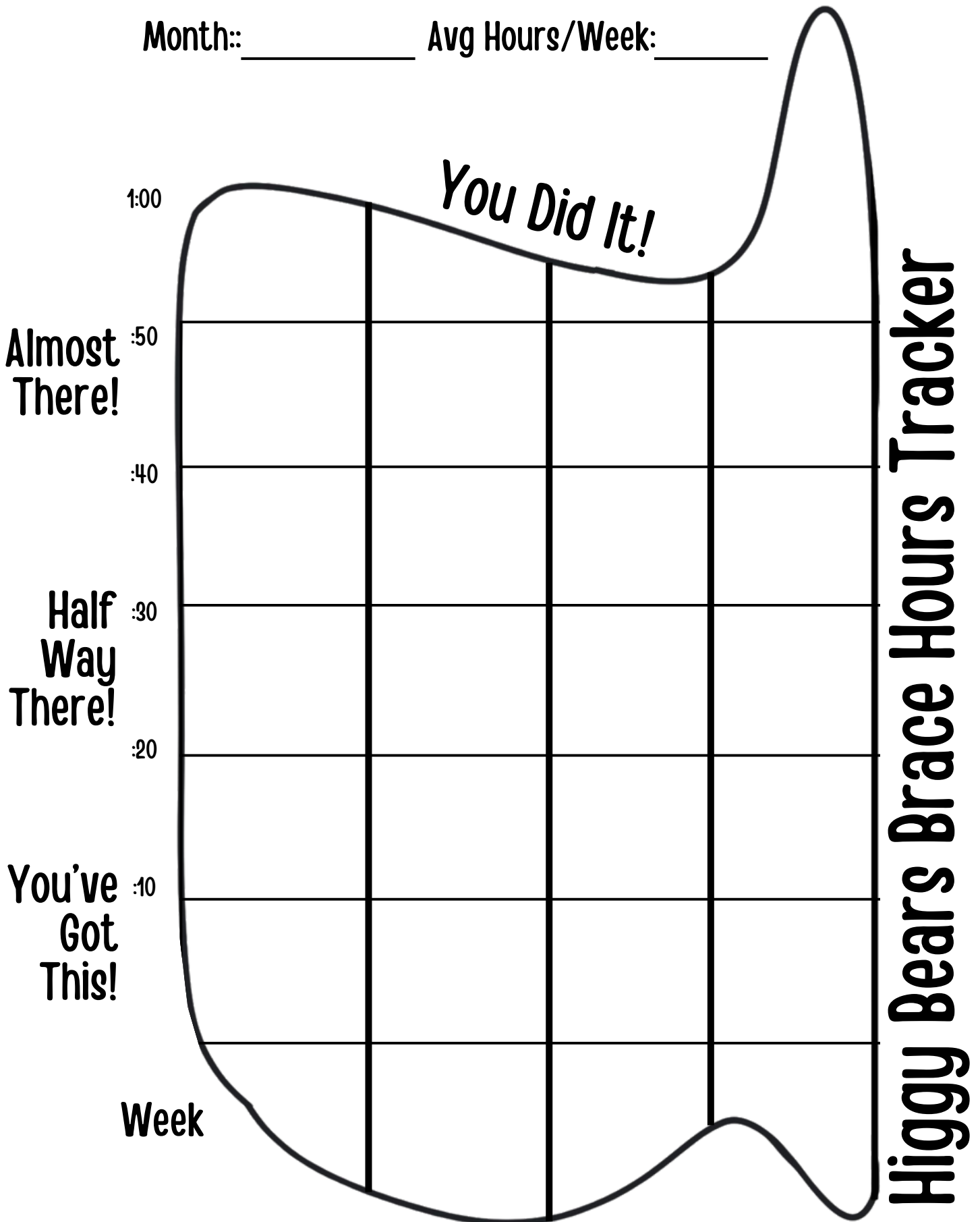
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

1:00

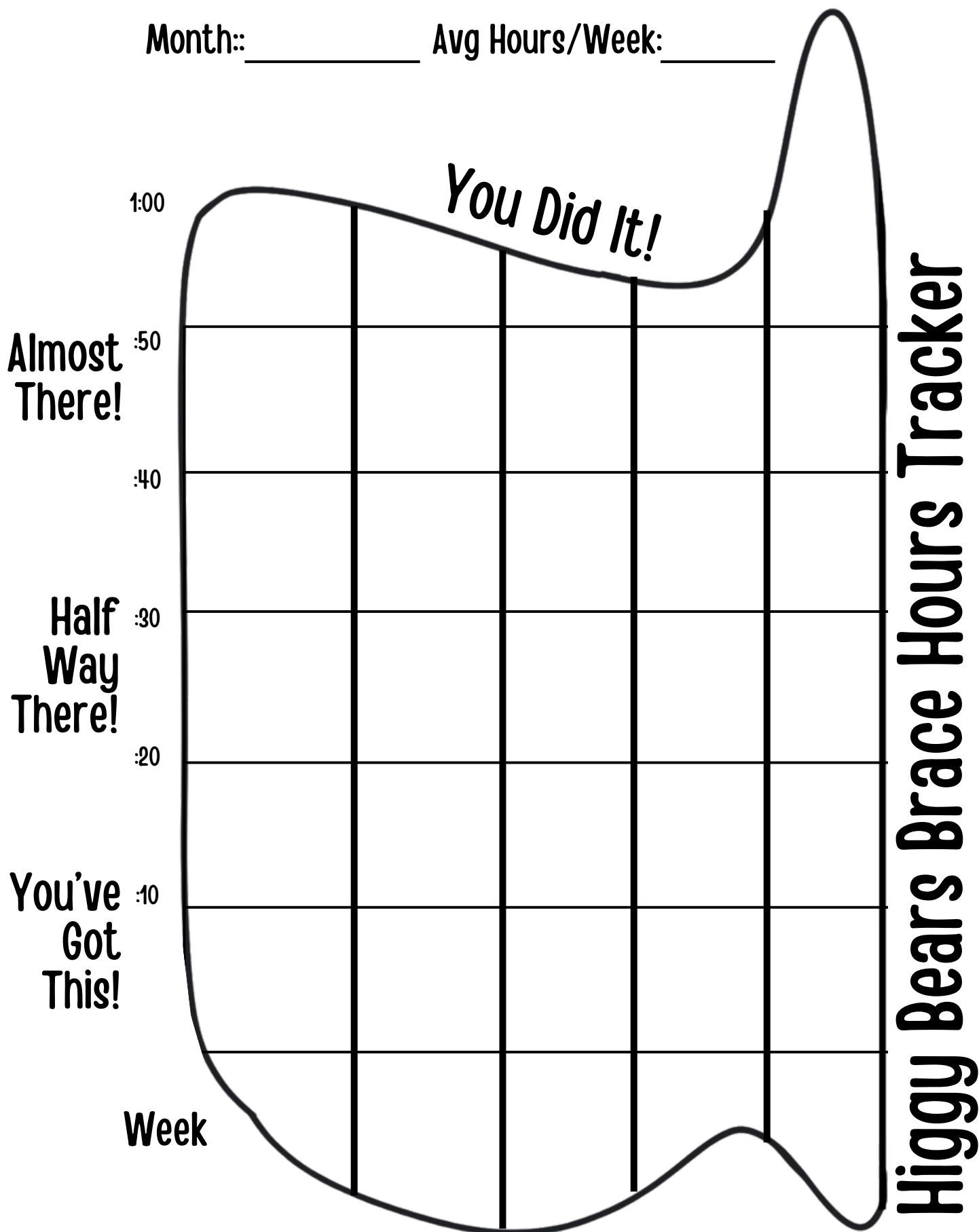
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

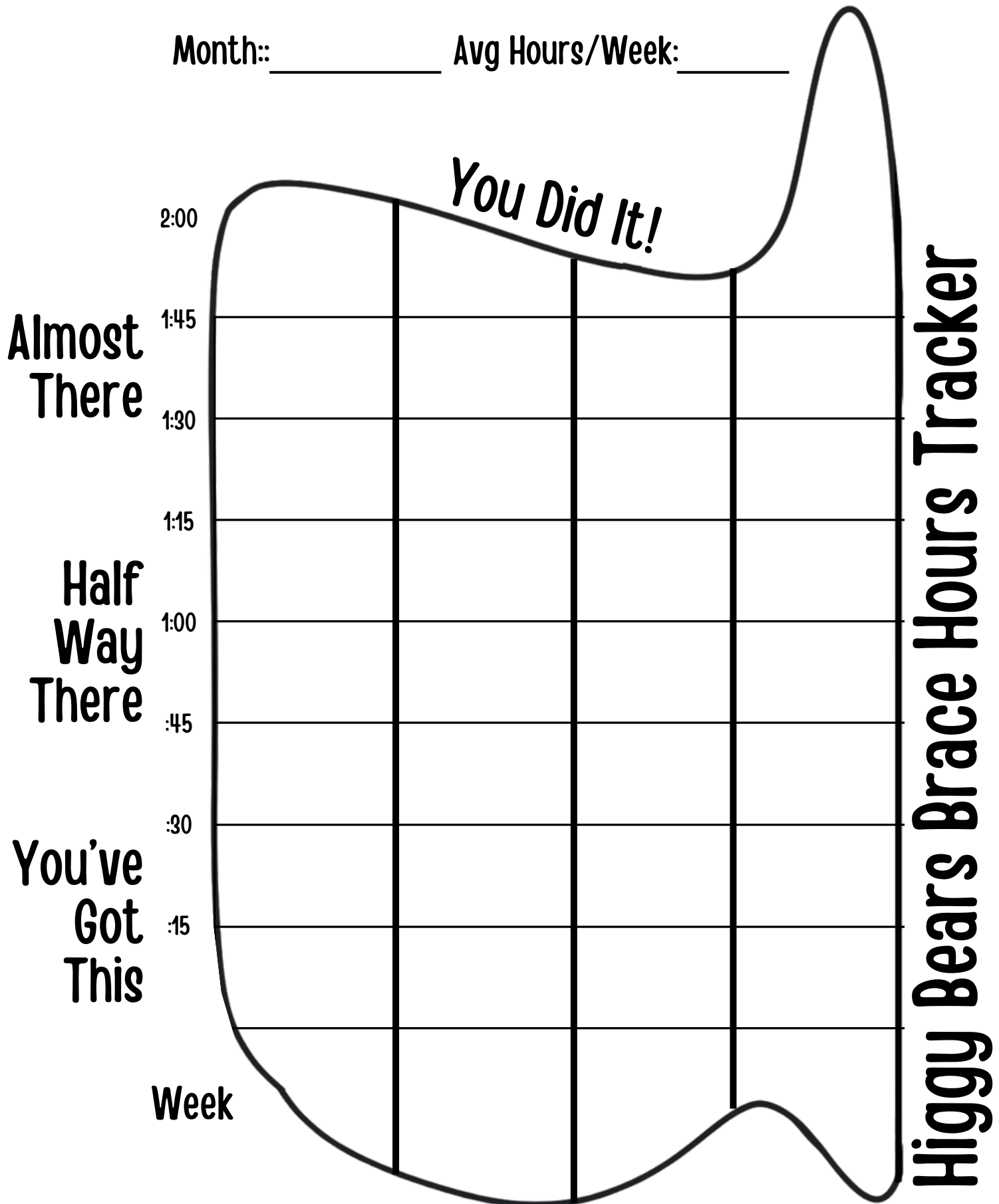
1:00

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

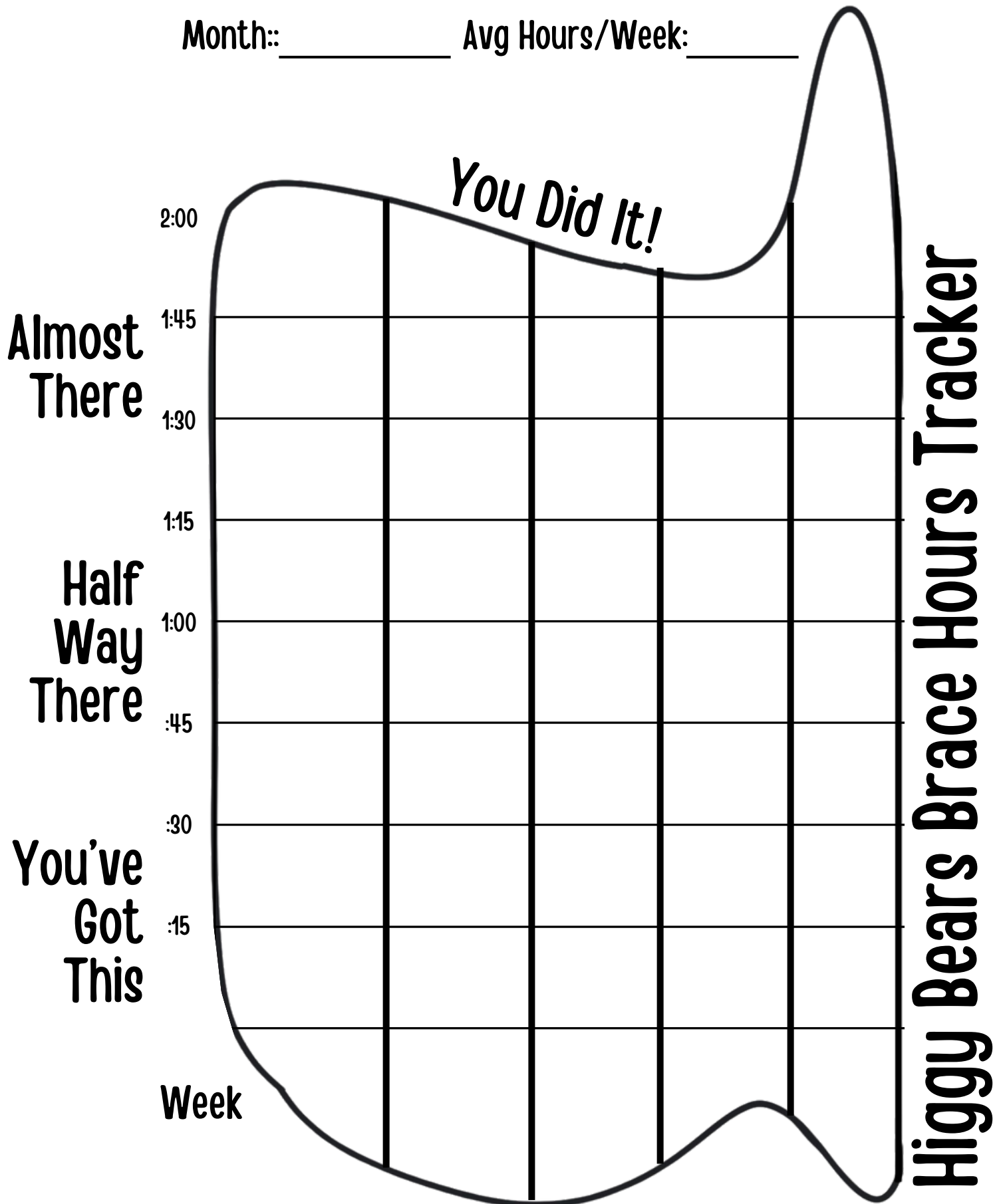
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

2

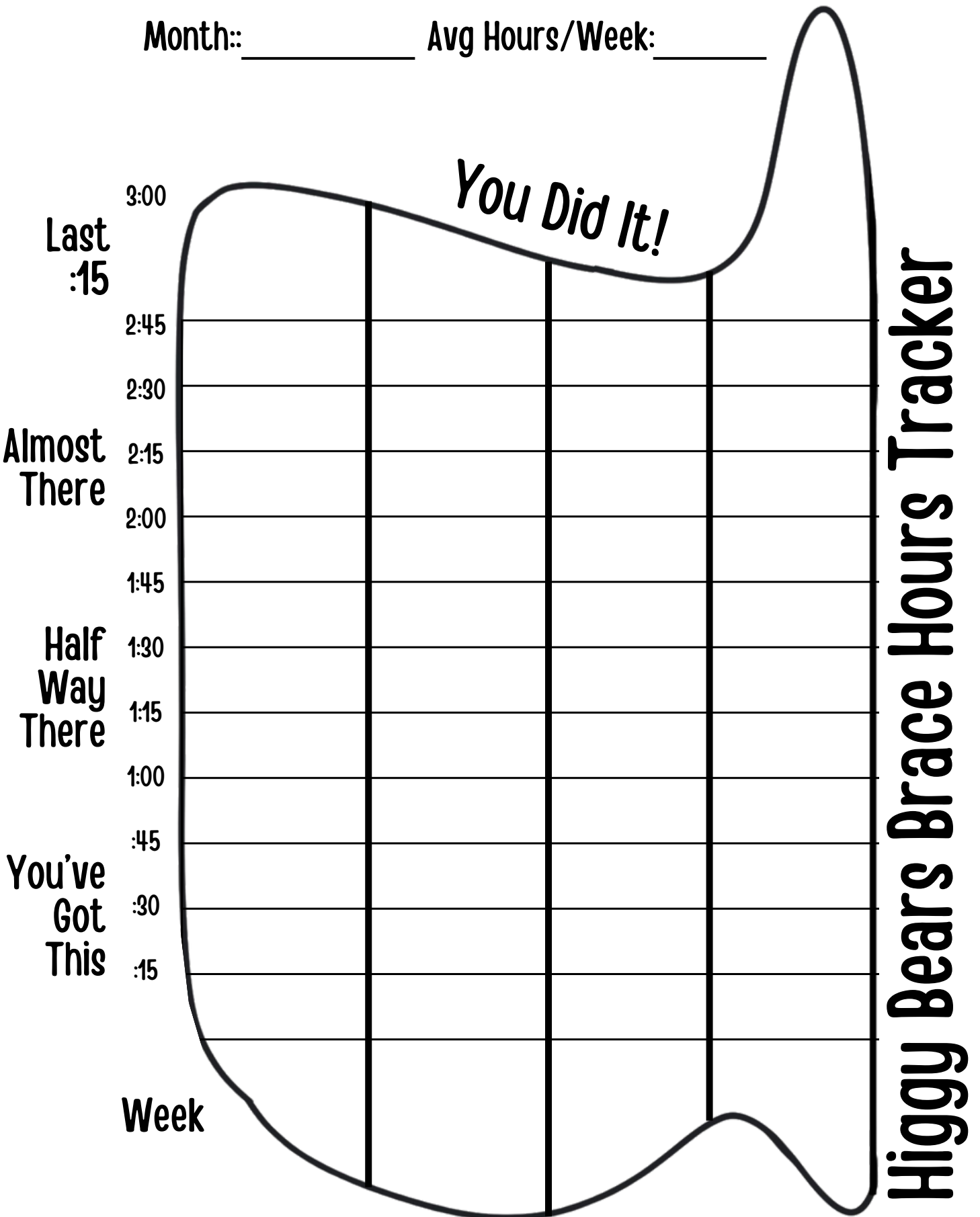
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

3

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

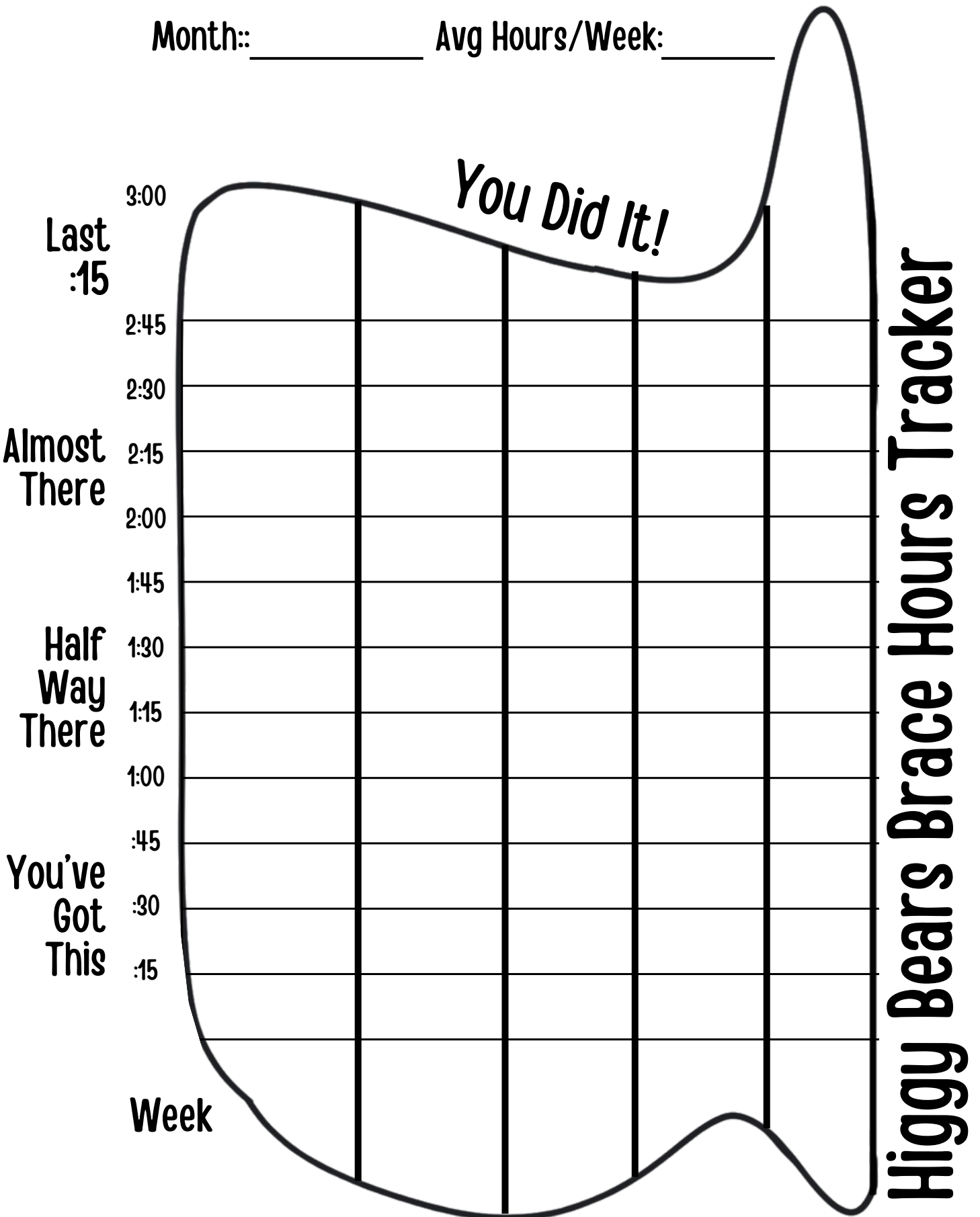




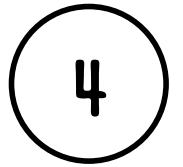
# Monthly Brace Hours

3

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours



Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

*You Did It!*

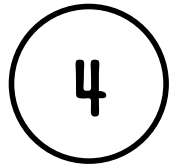
Last :15  
Almost There  
Half Way There  
You've Got This

Week

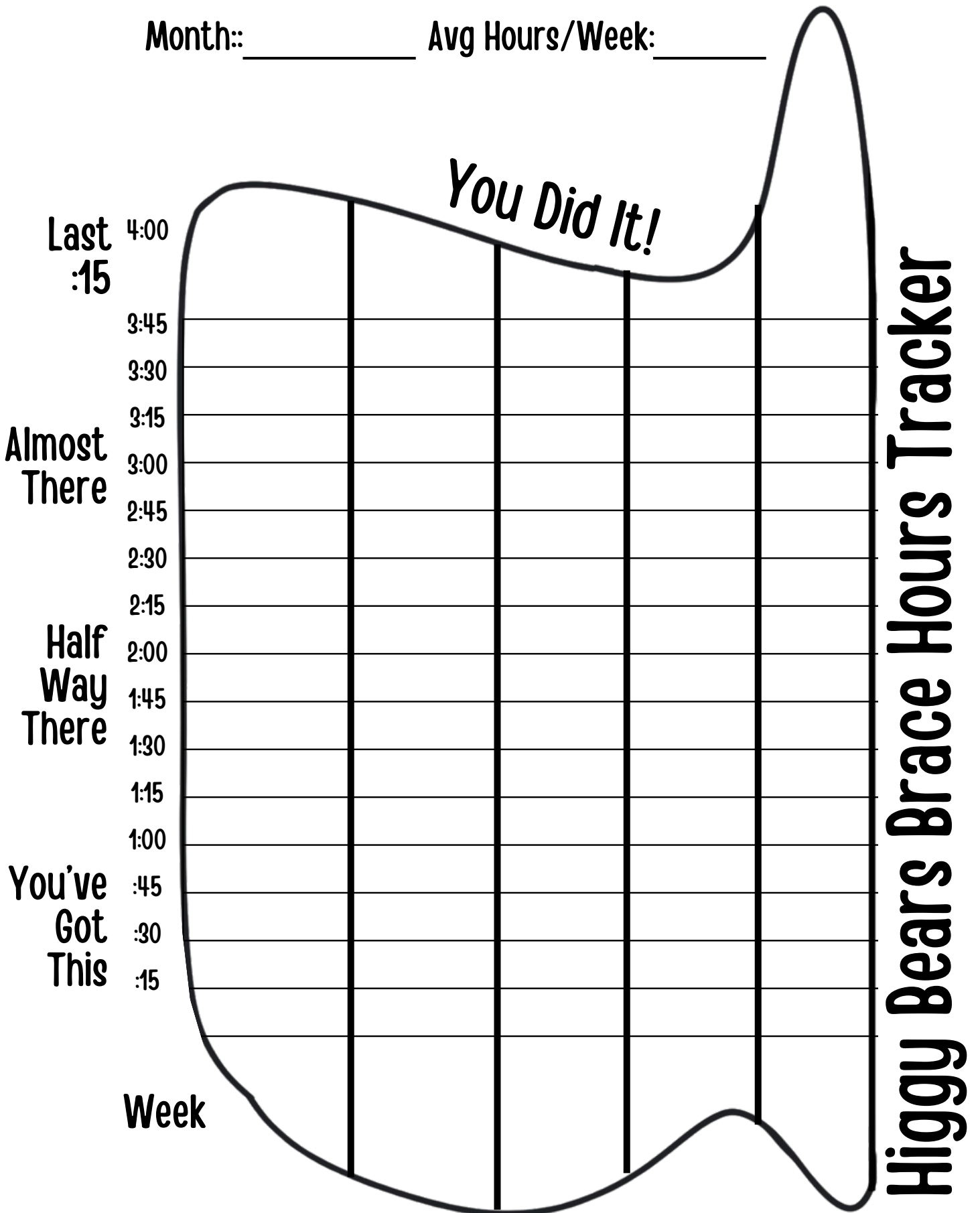
4:00  
3:45  
3:30  
3:15  
3:00  
2:45  
2:30  
2:15  
2:00  
1:45  
1:30  
1:15  
1:00  
:45  
:30  
:15

Higgly Bears Brace Hours Tracker

# Monthly Brace Hours



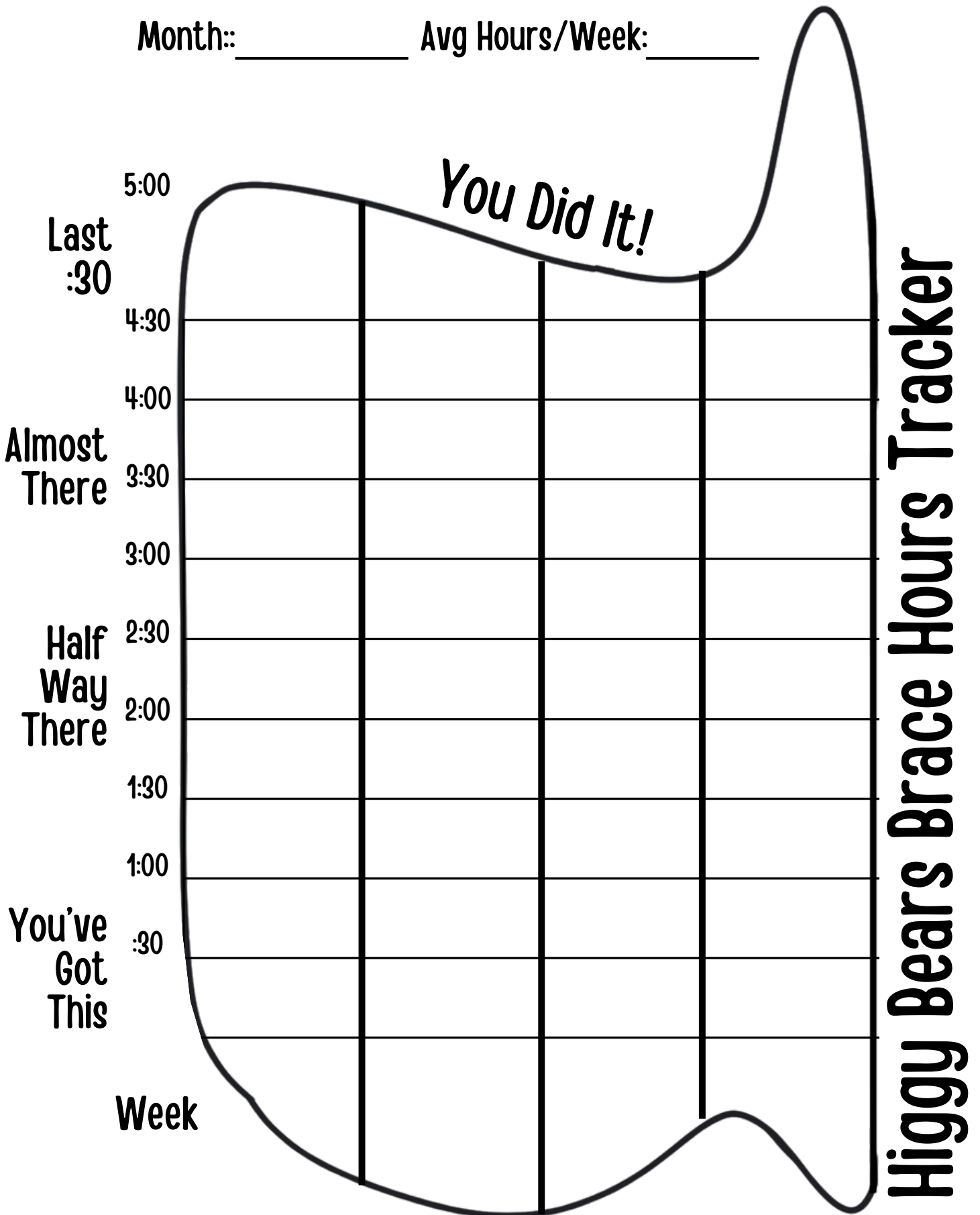
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

5

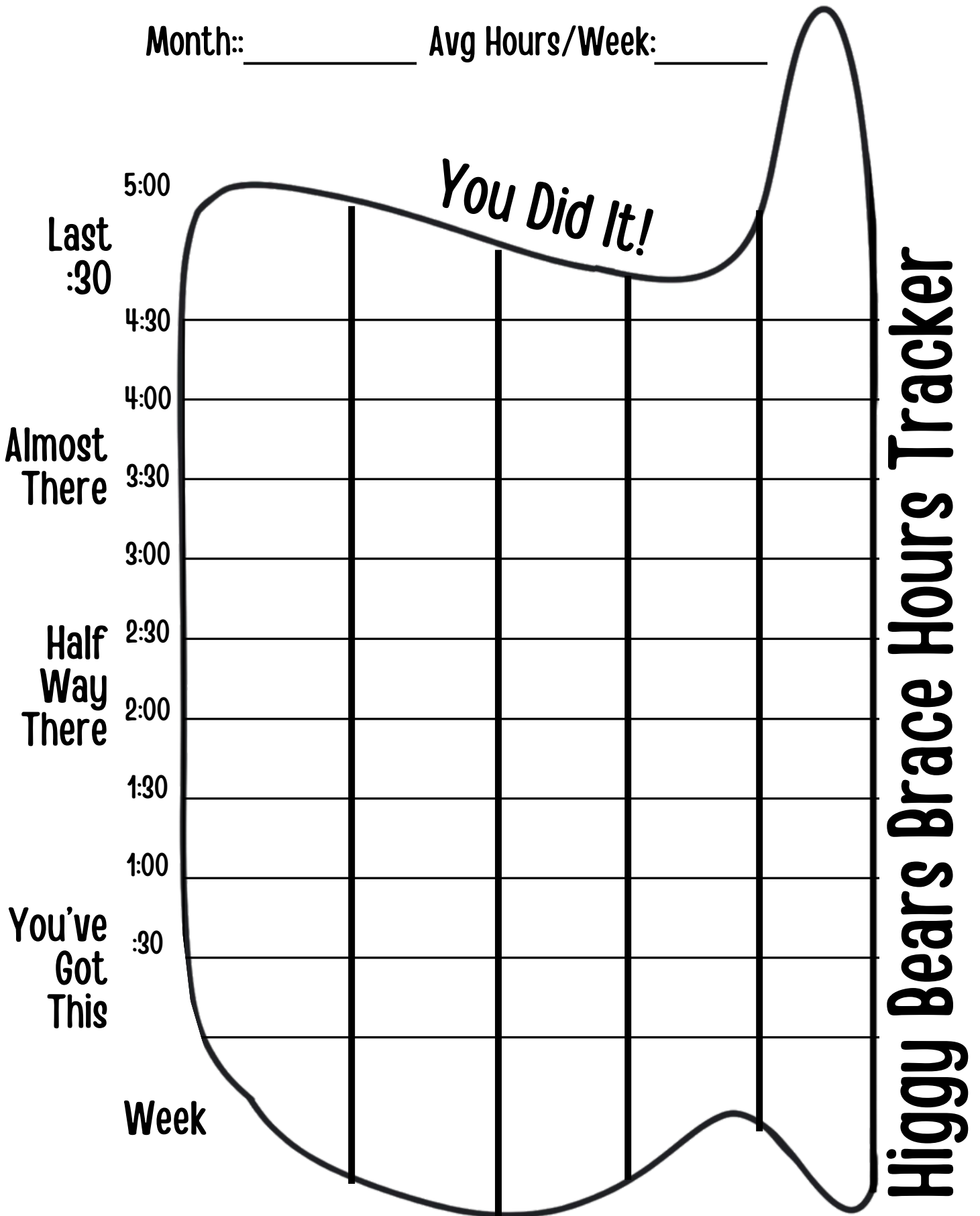
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

5

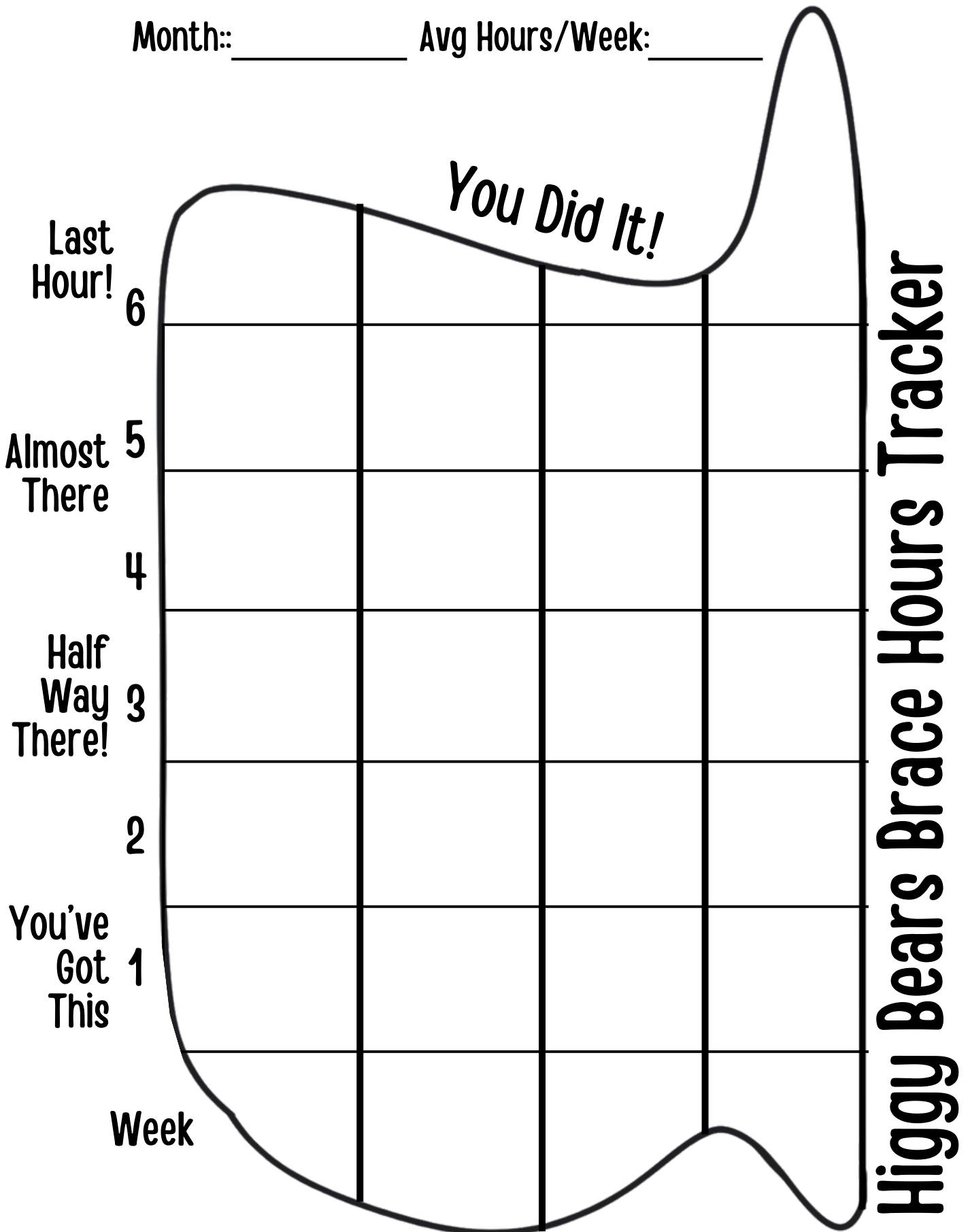
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

6

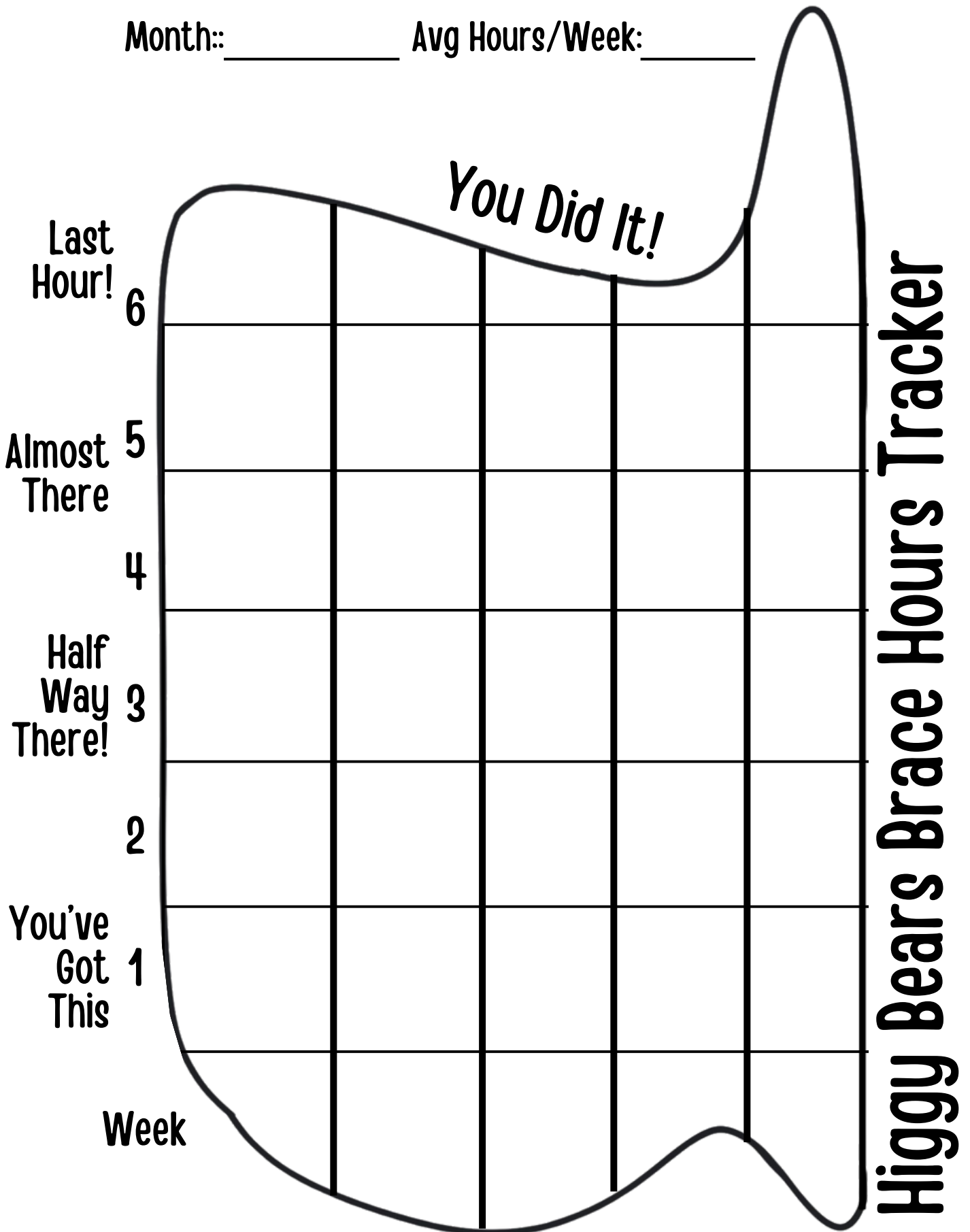
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

6

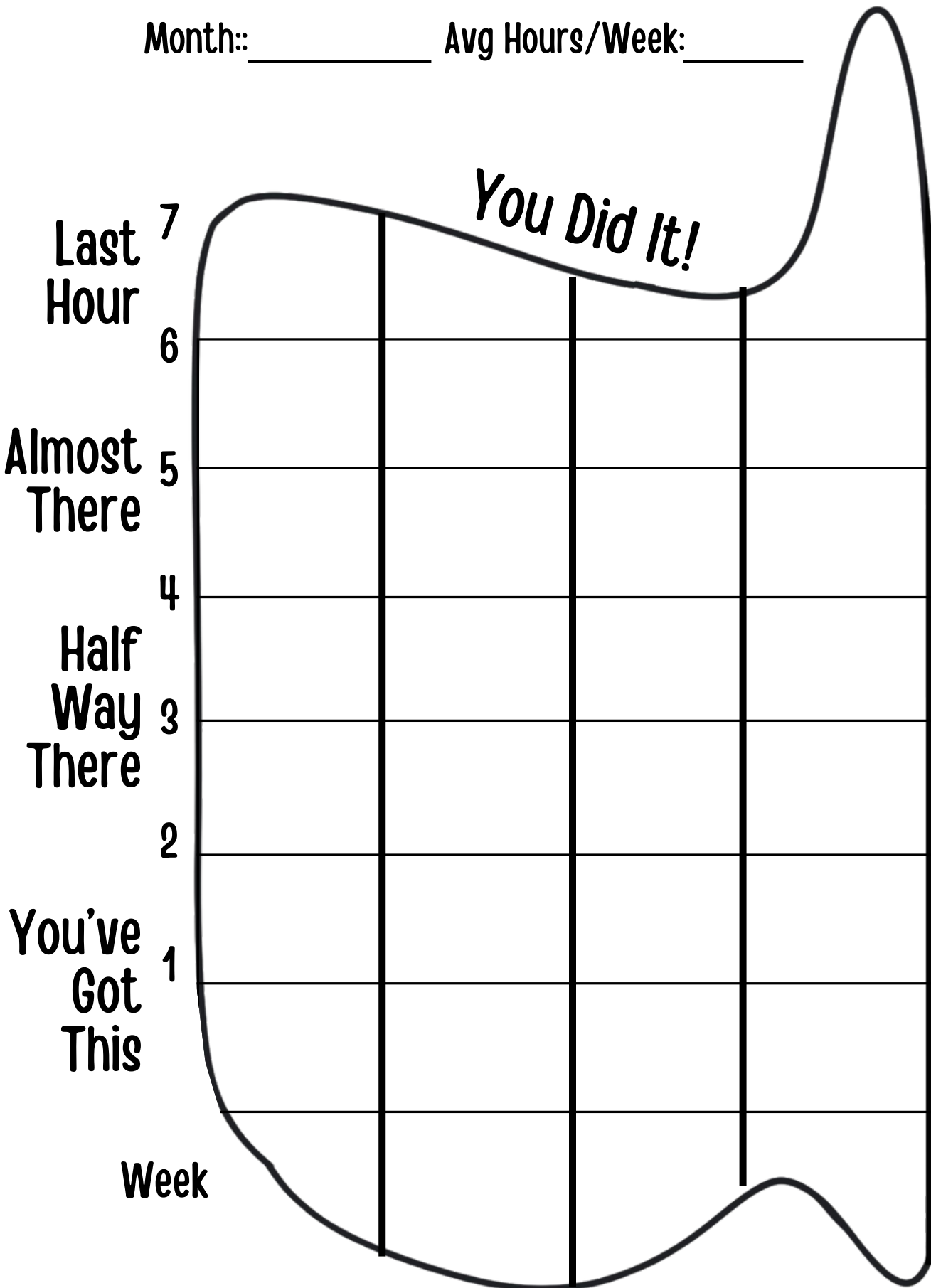
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

7

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

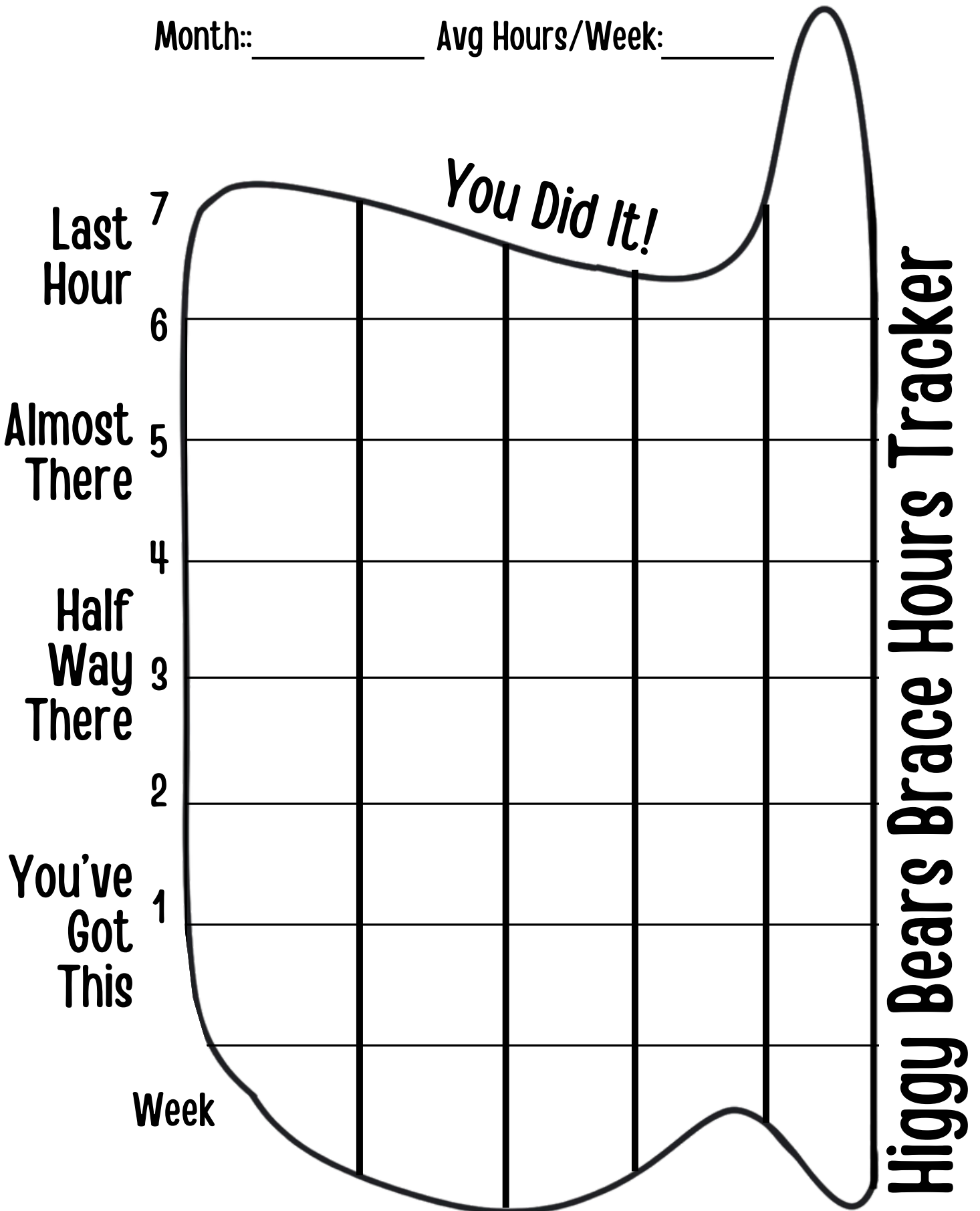


Higgy Bears Brace Hours Tracker



# Monthly Brace Hours 7

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

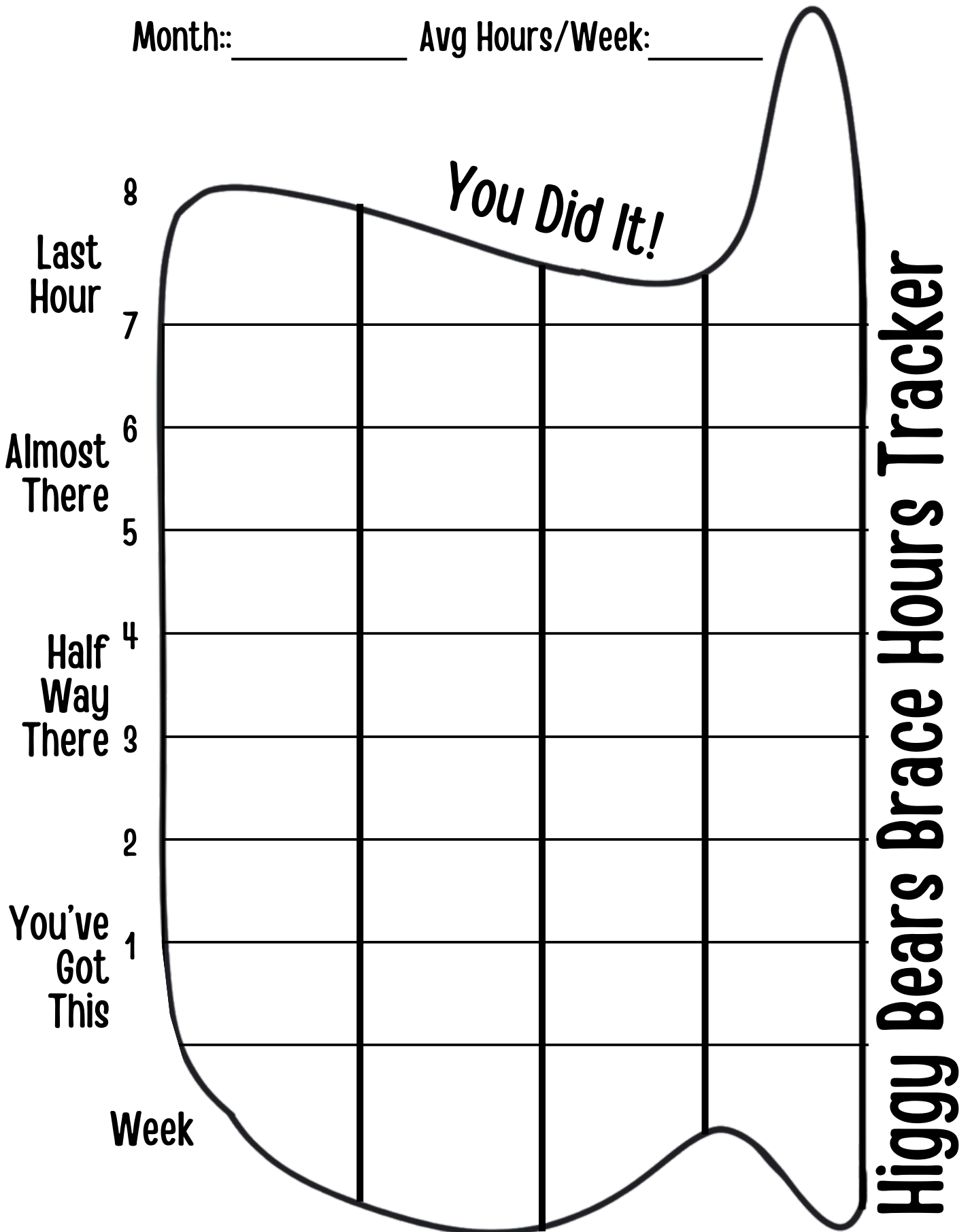


Higgy Bears Brace Hours Tracker

# Monthly Brace Hours

8

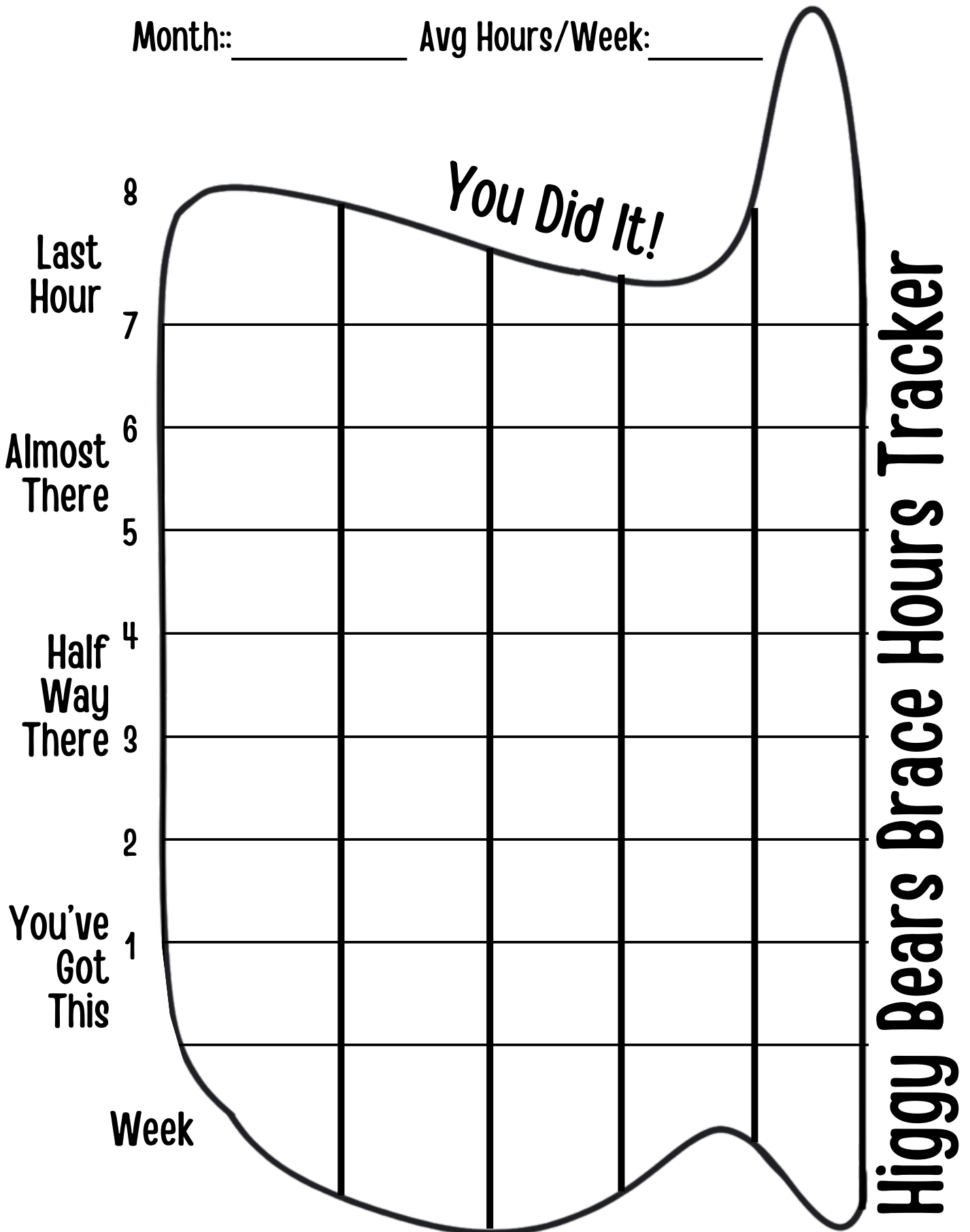
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

8

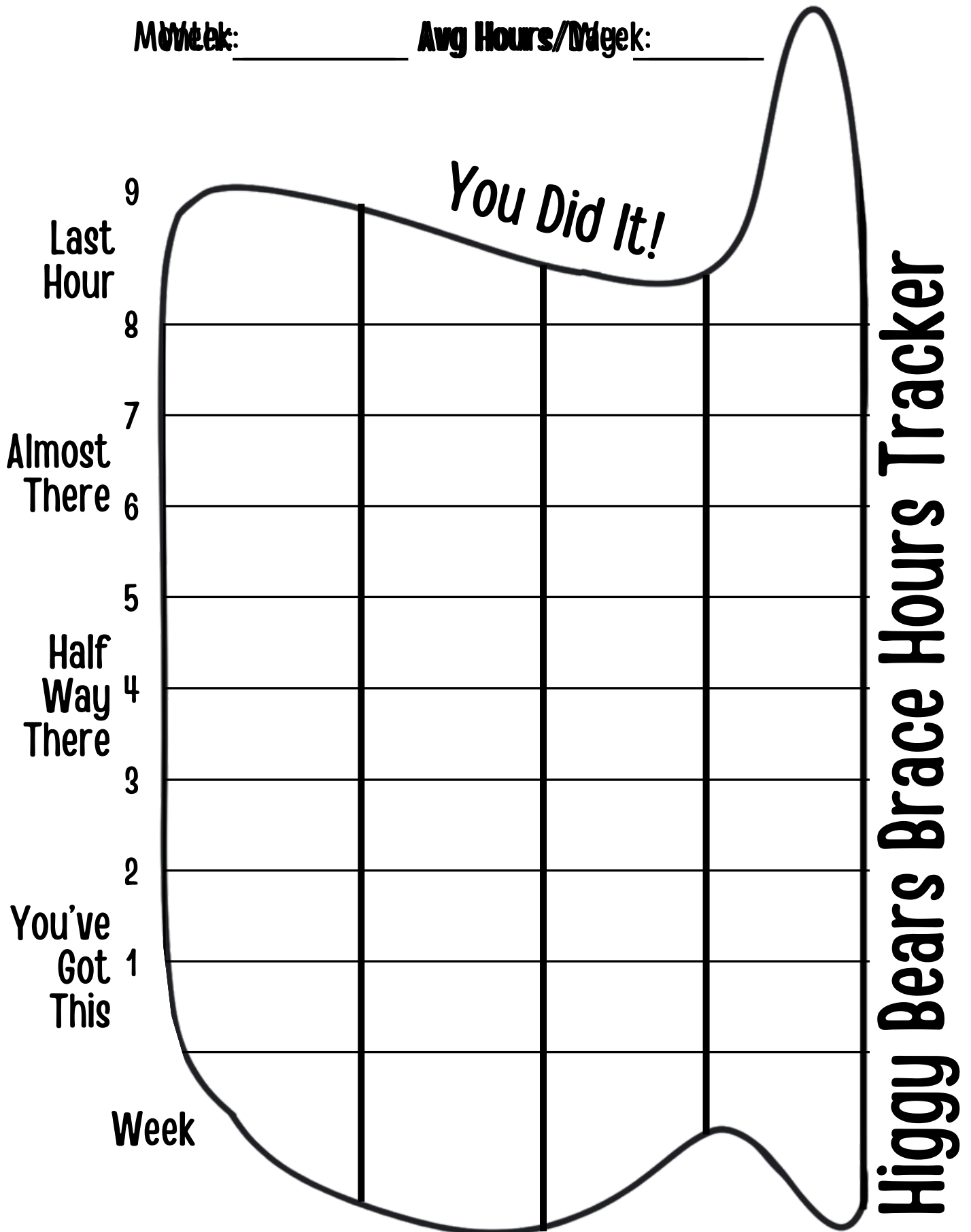
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

9

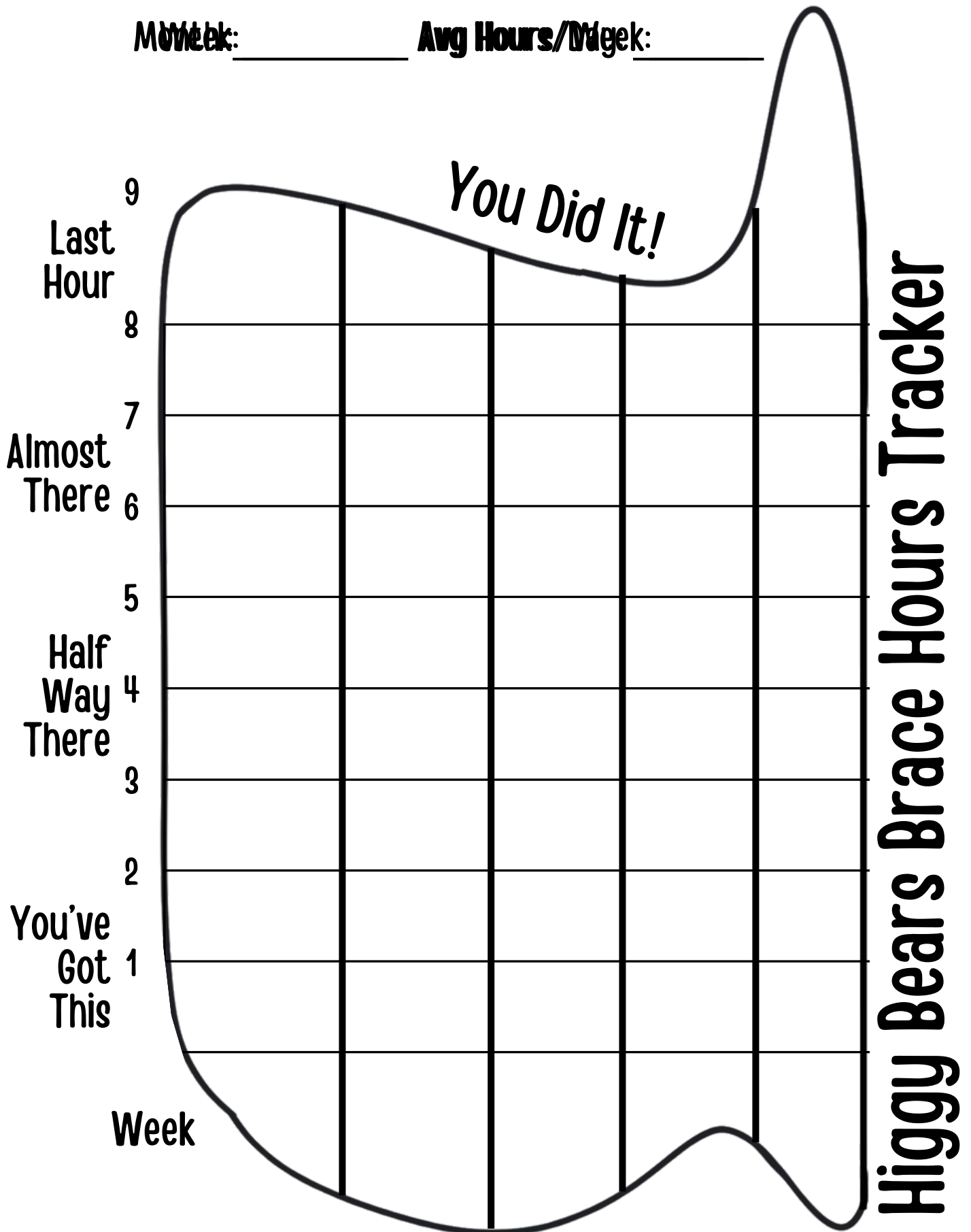
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

9

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

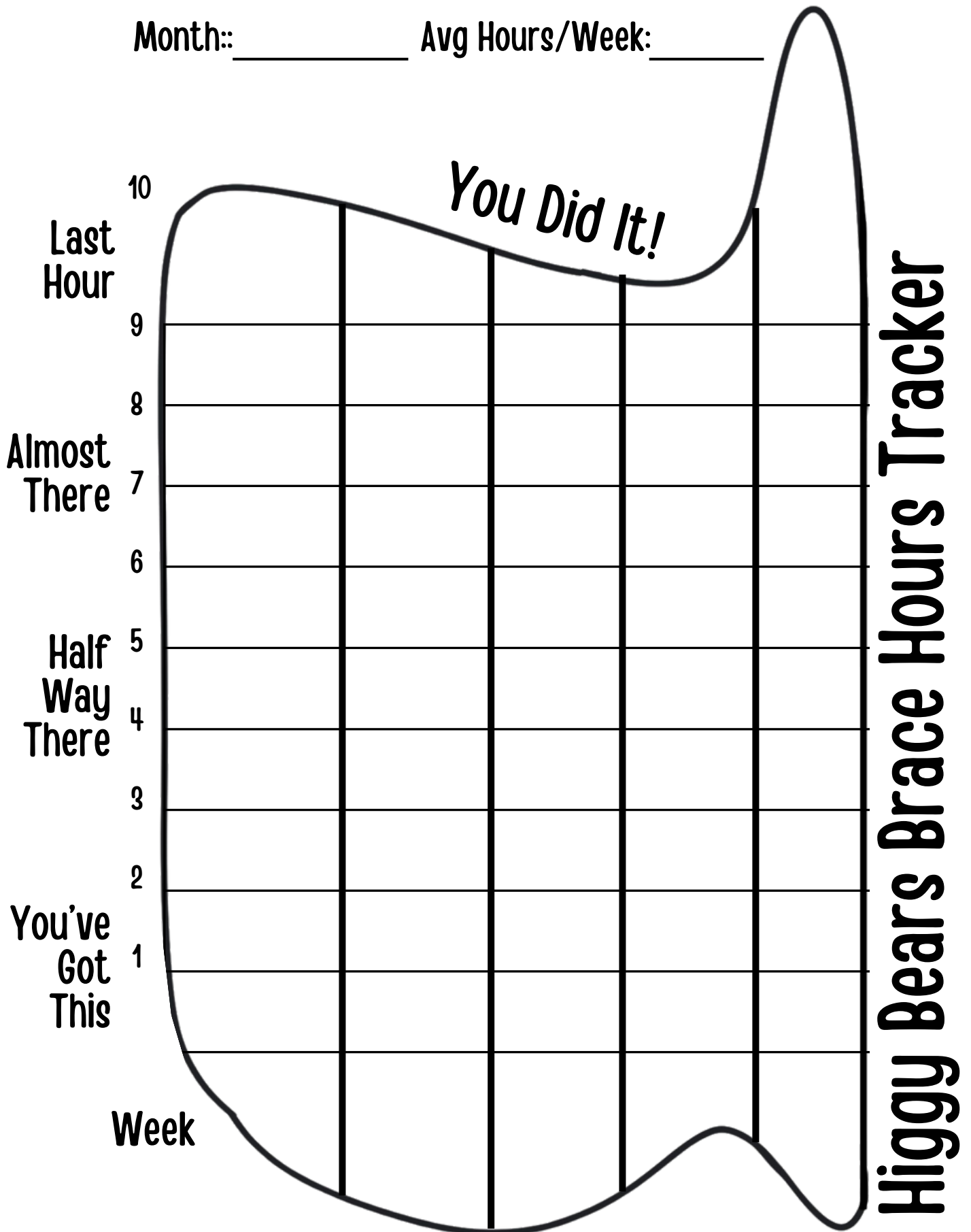




# Monthly Brace Hours

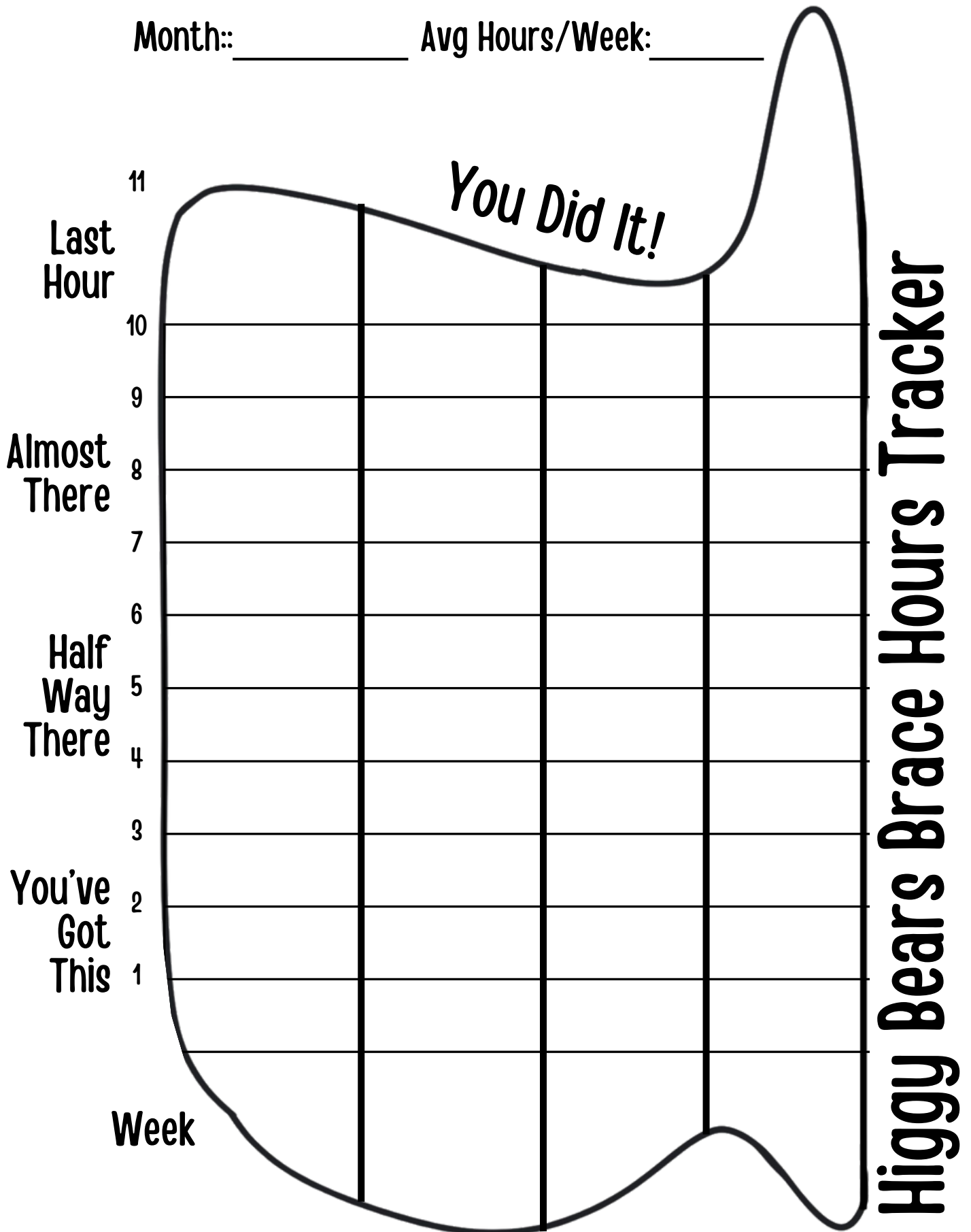
10

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

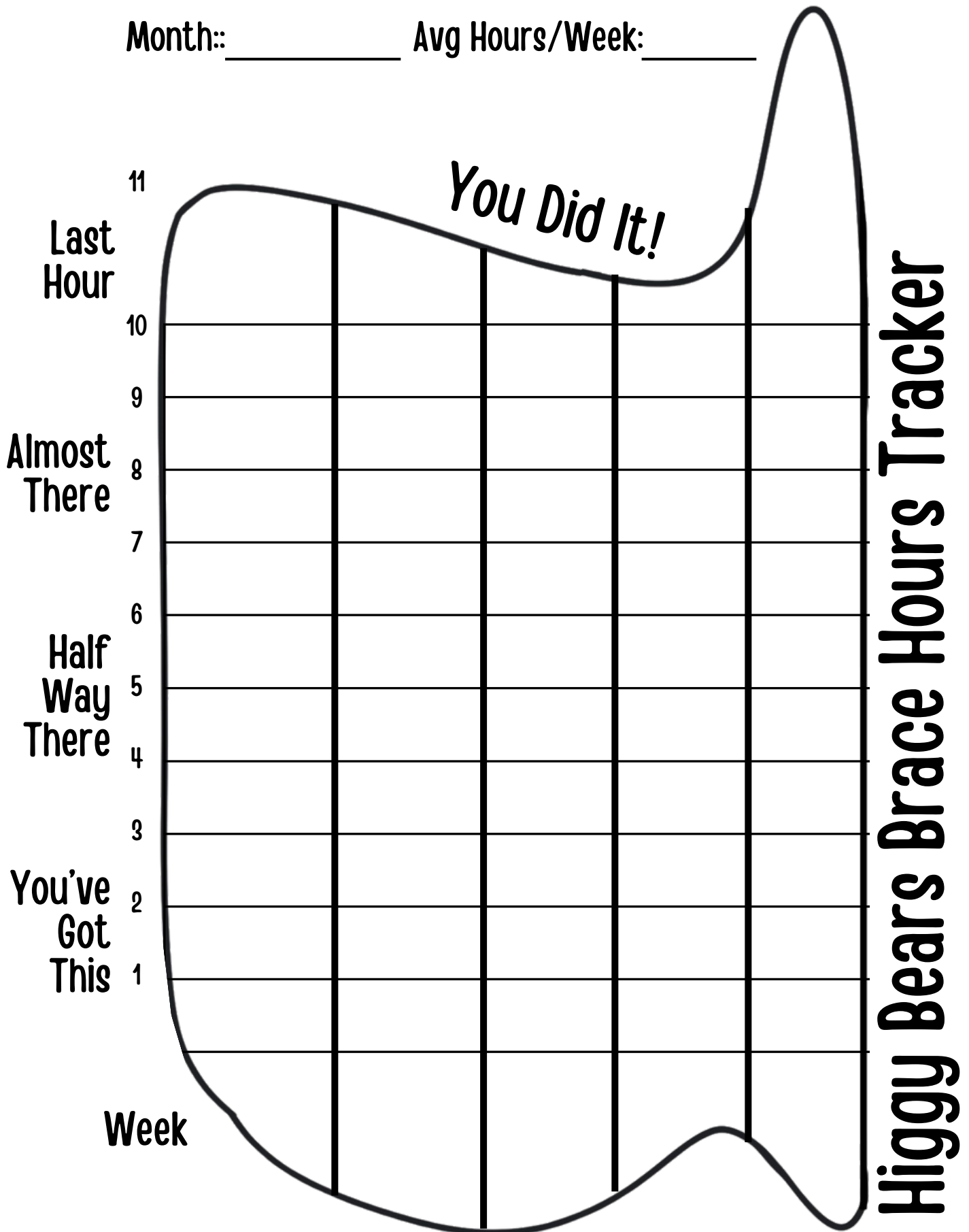
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_





# Monthly Brace Hours

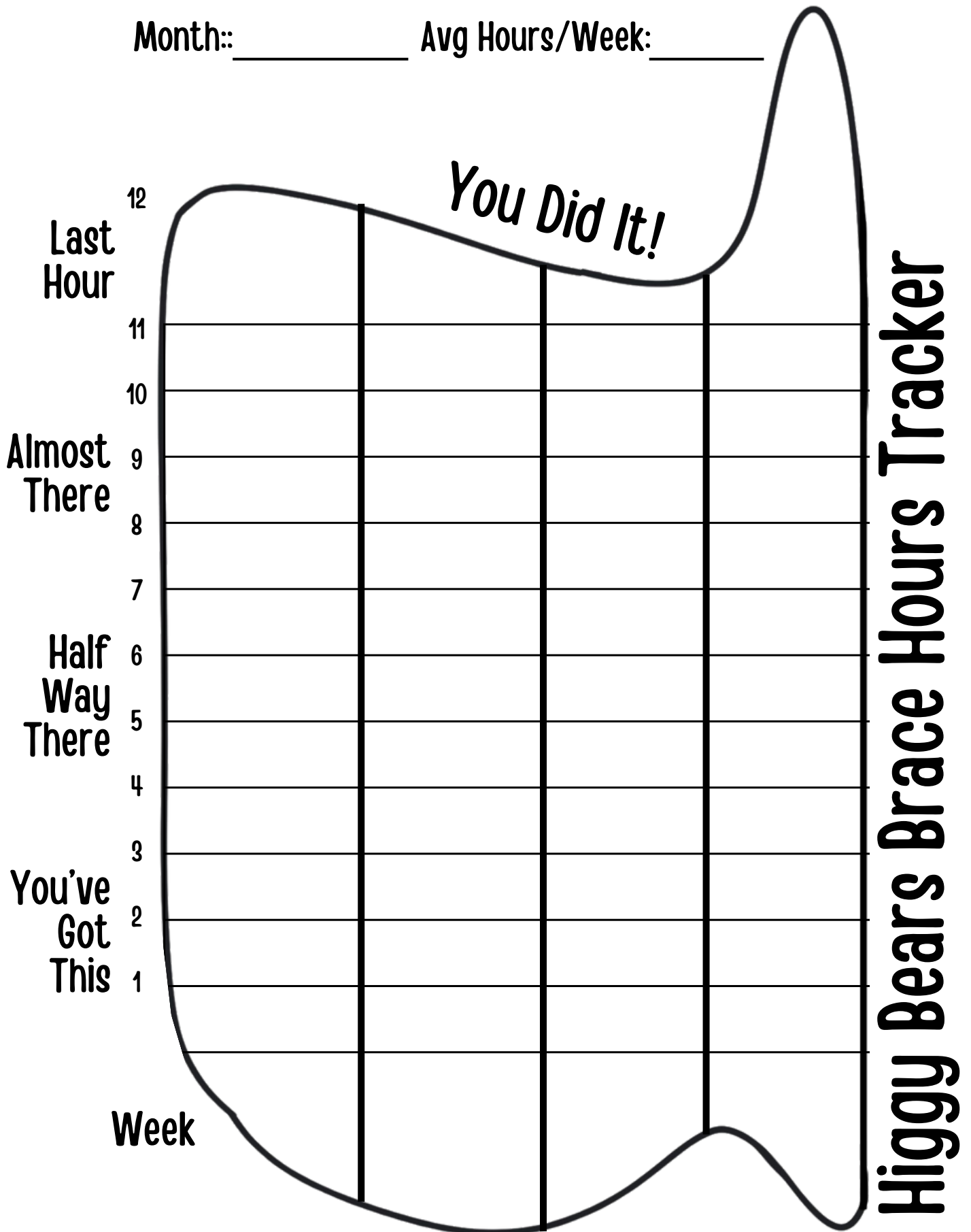
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

12

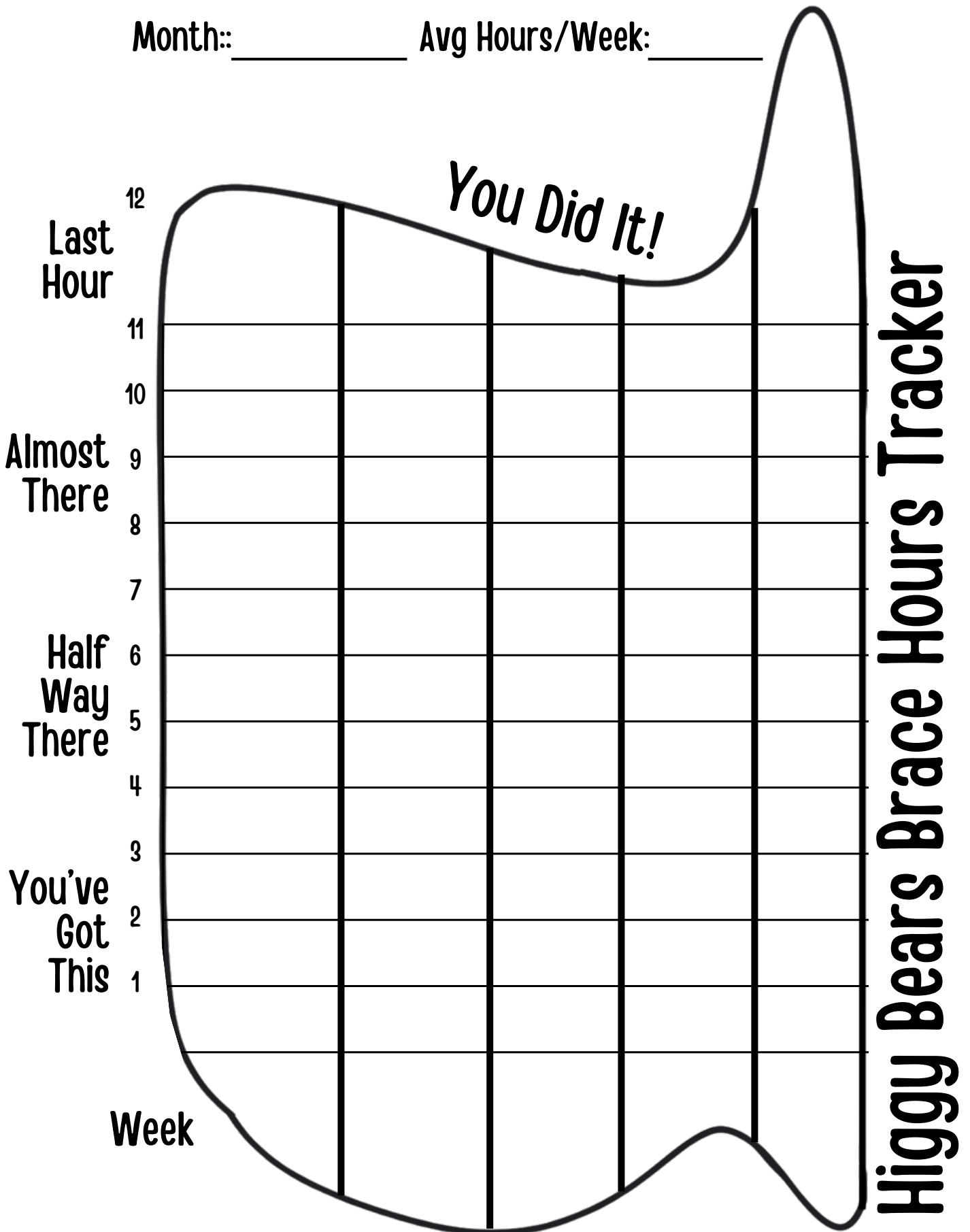
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

12

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

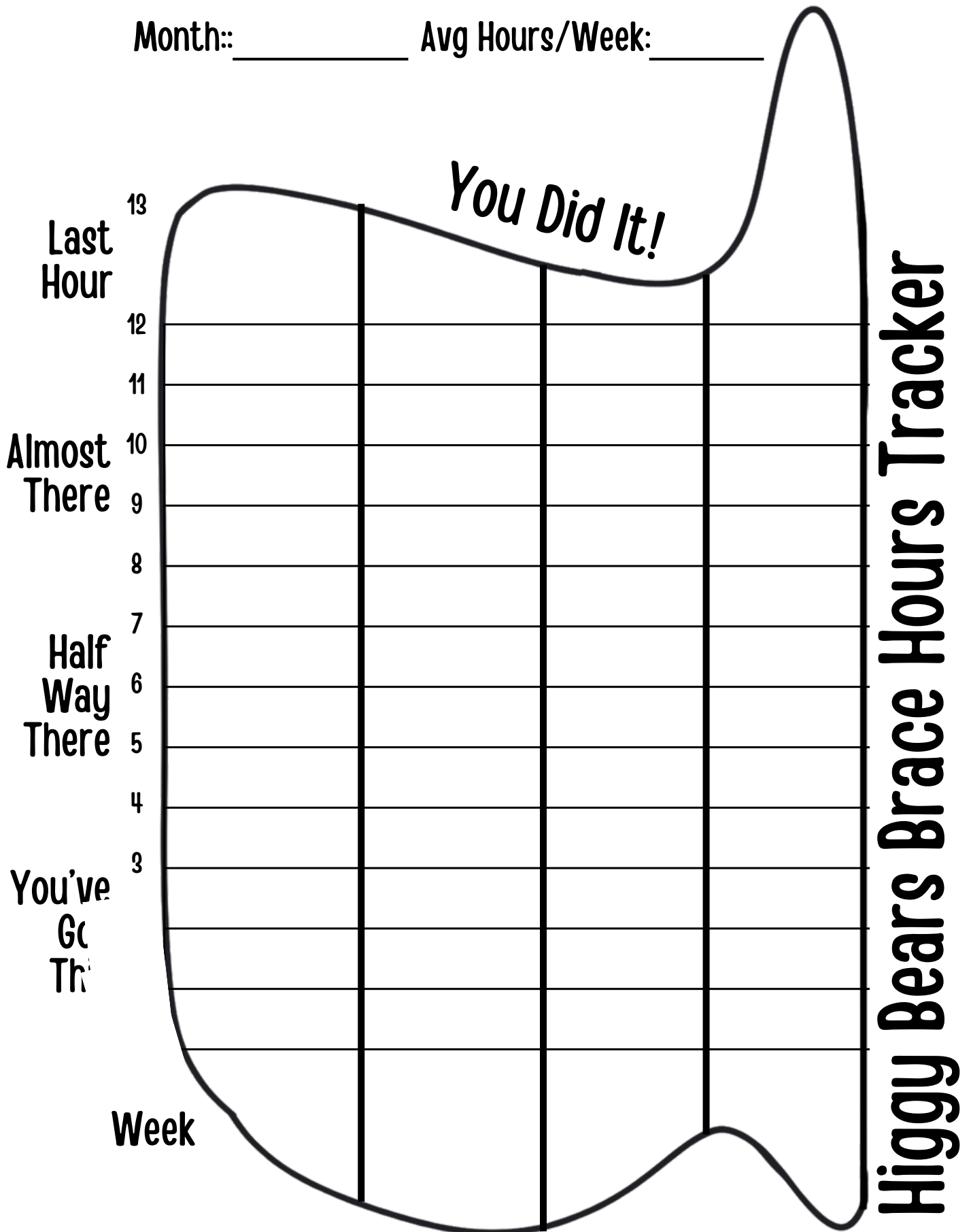


**Higgy Bears Brace Hours Tracker**

# Monthly Brace Hours

13

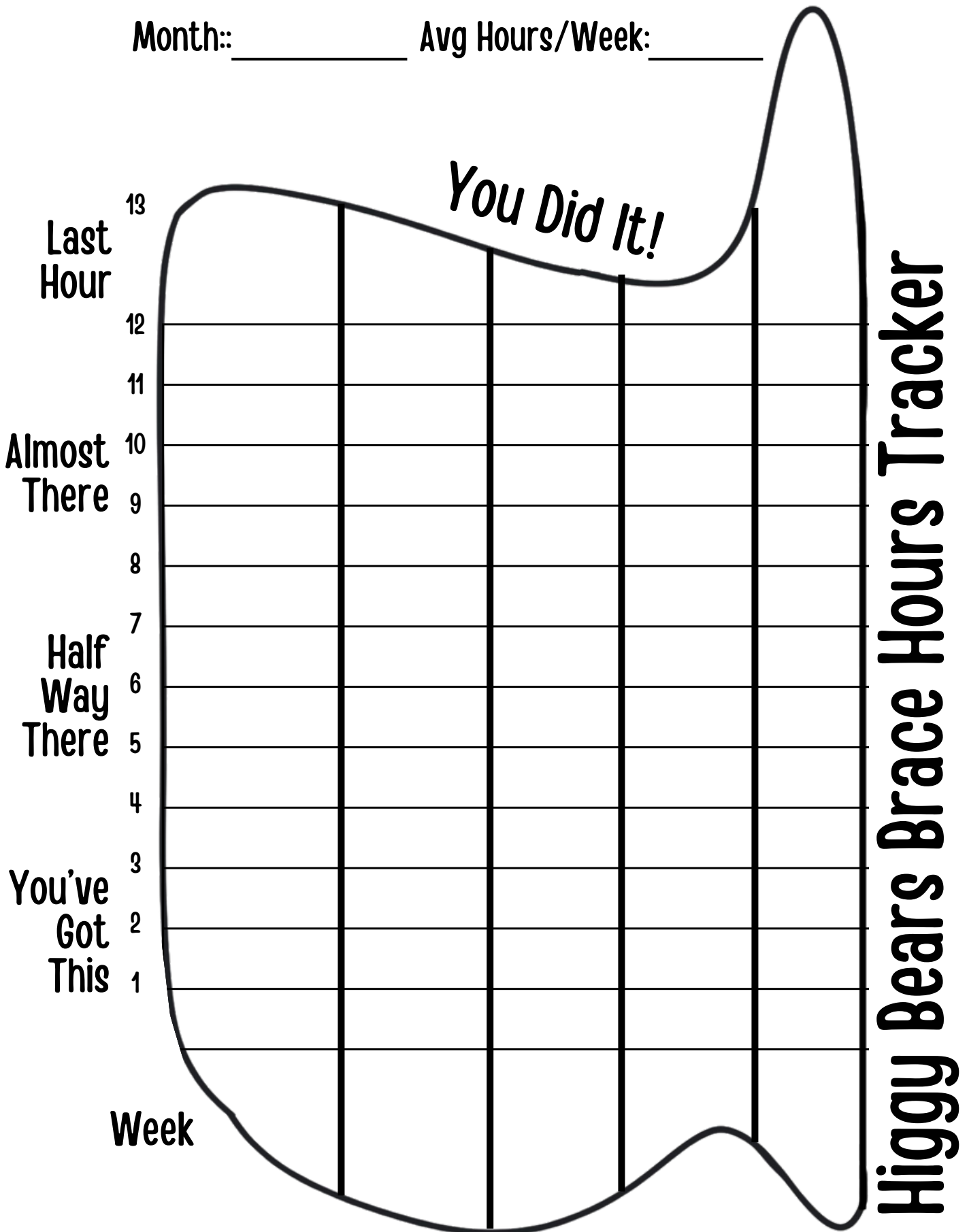
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

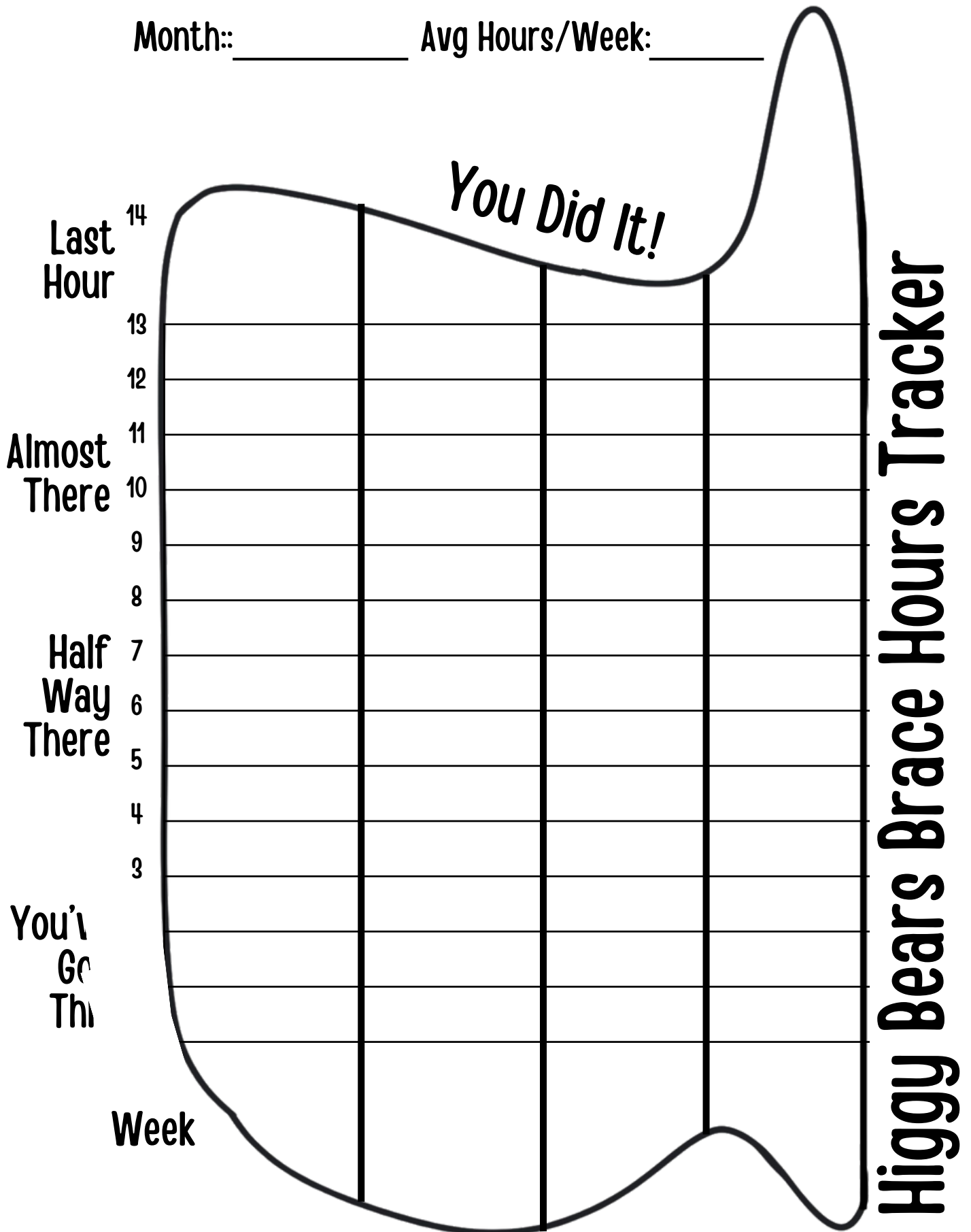
13

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

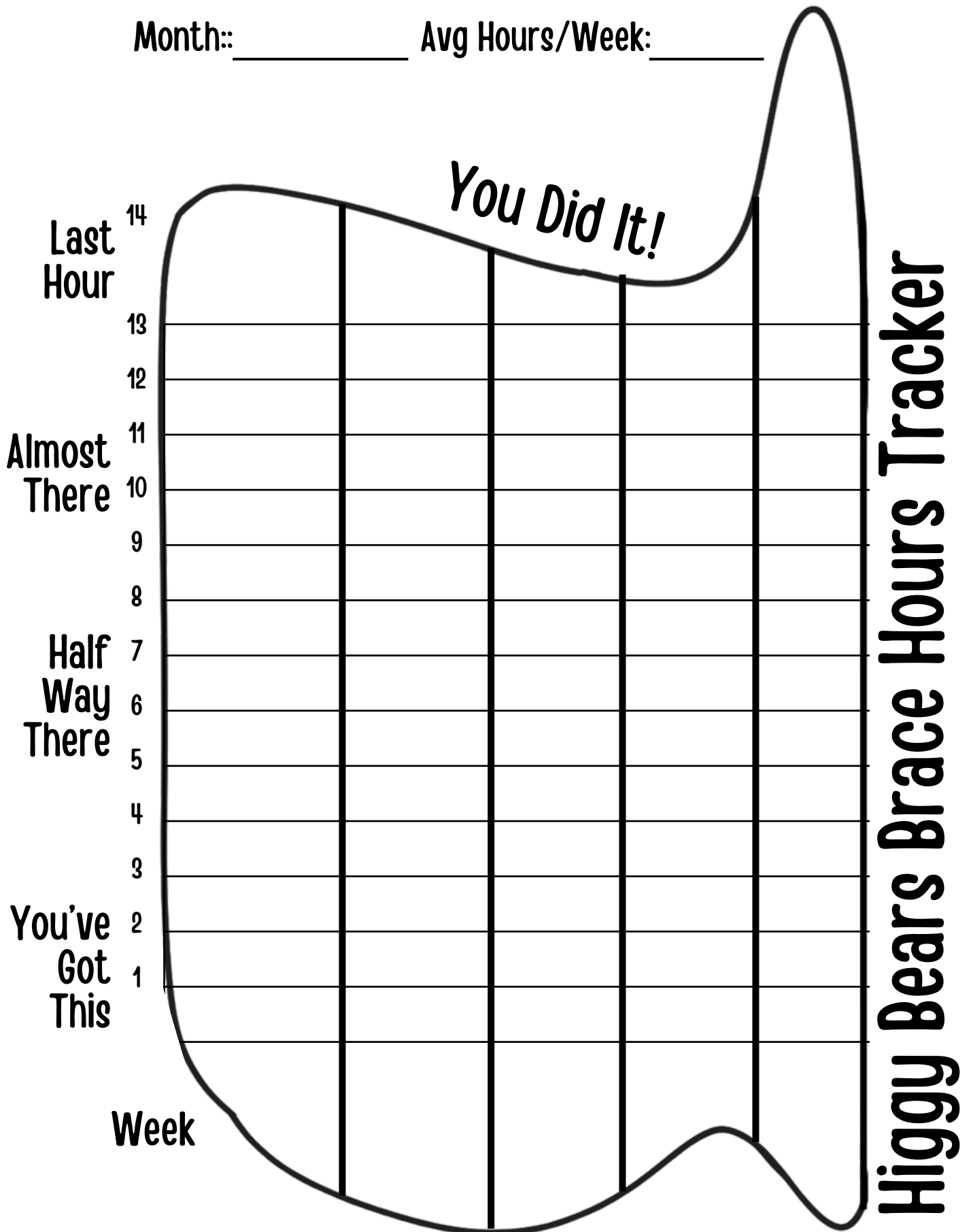
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

14

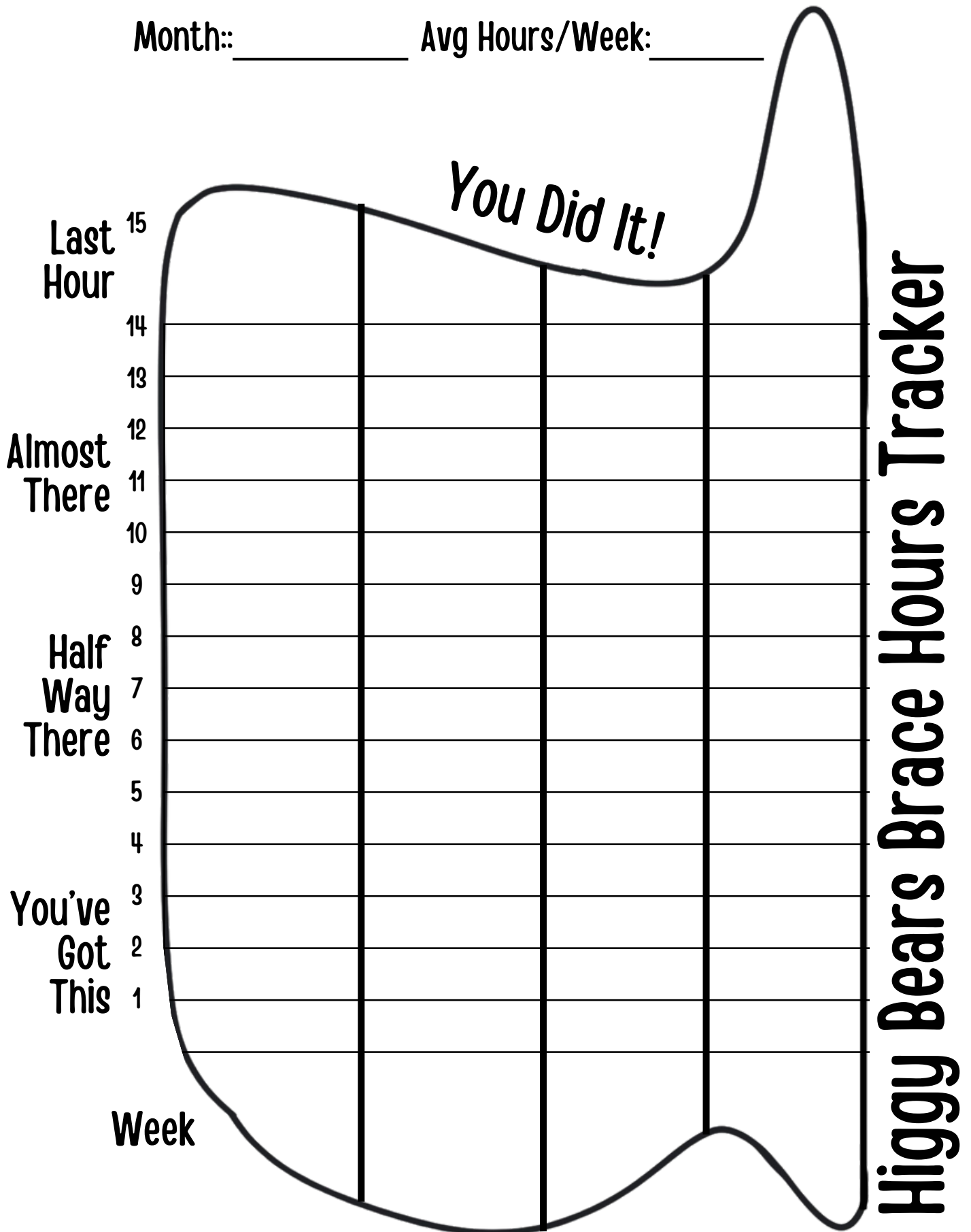
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

15

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

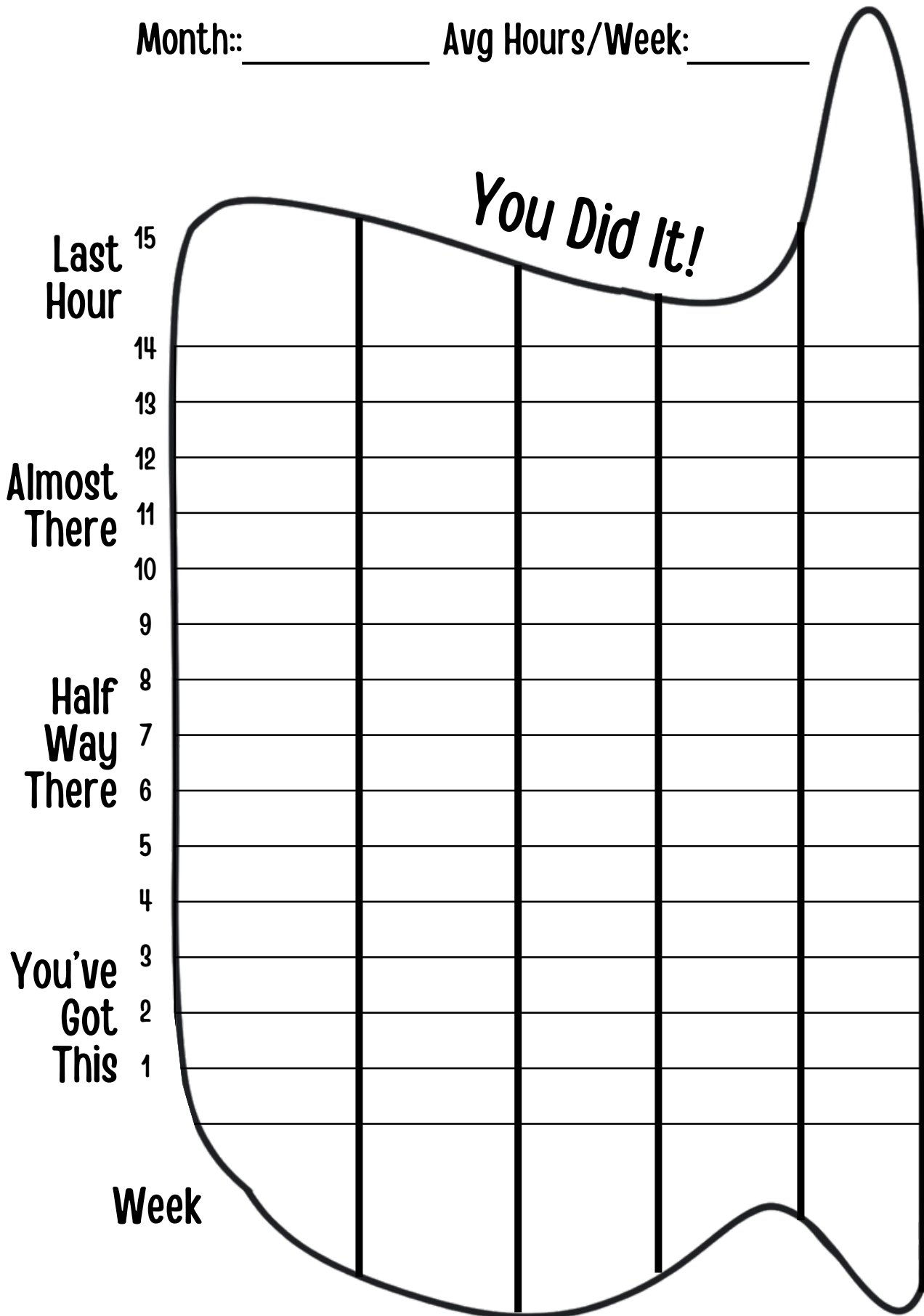




# Monthly Brace Hours

15

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

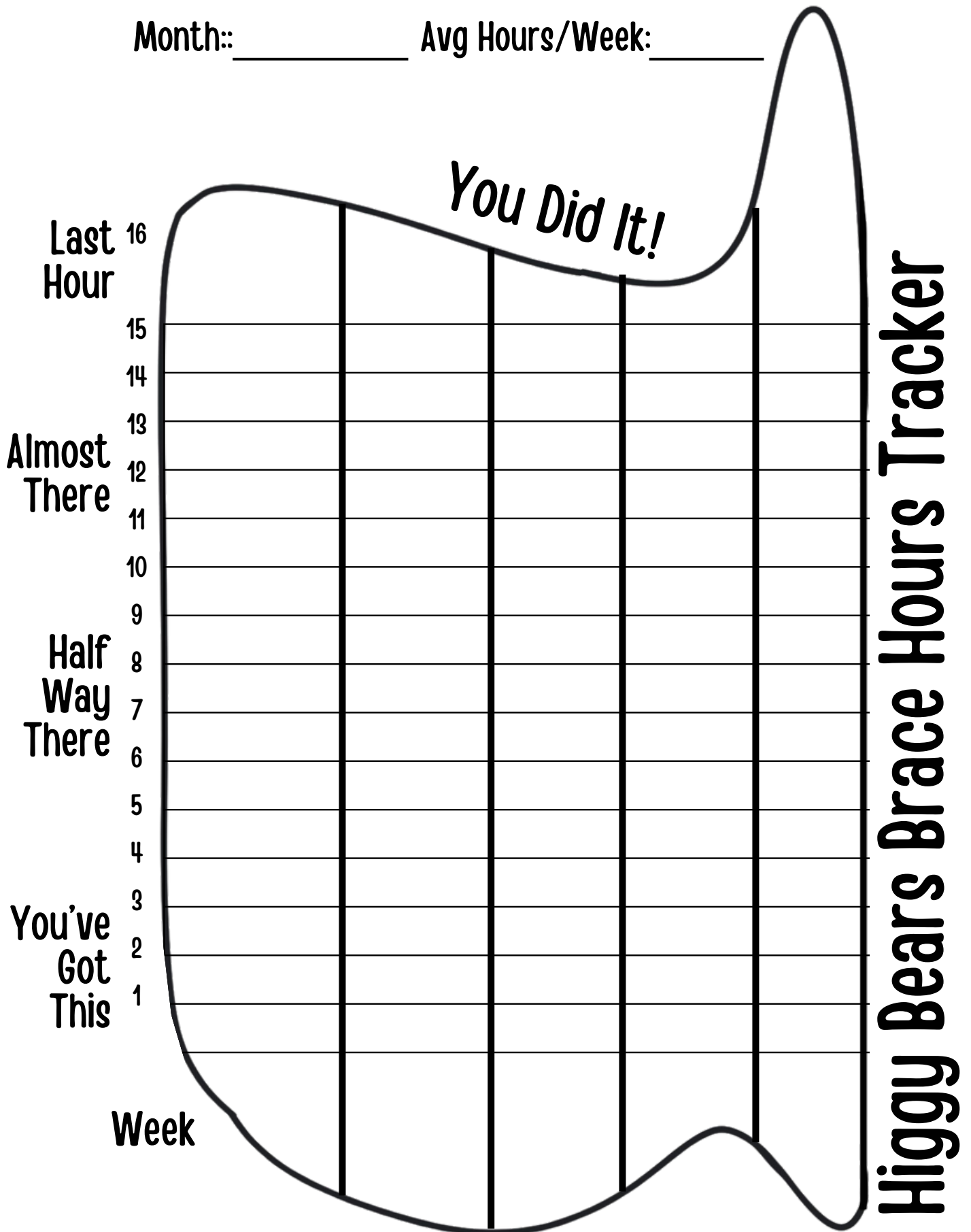


Higgly Bears Brace Hours Tracker



# Monthly Brace Hours

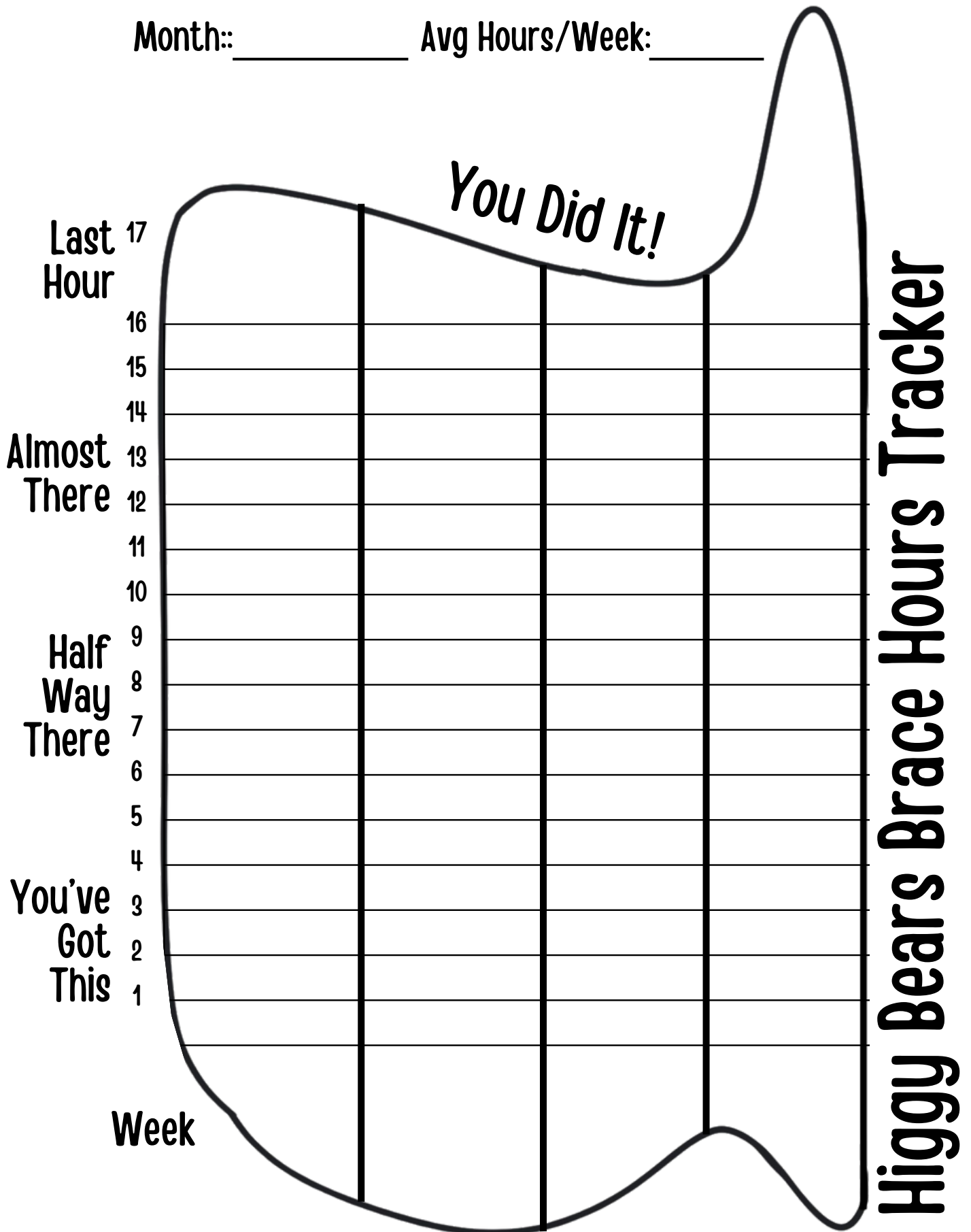
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



Higgy Bears Brace Hours Tracker

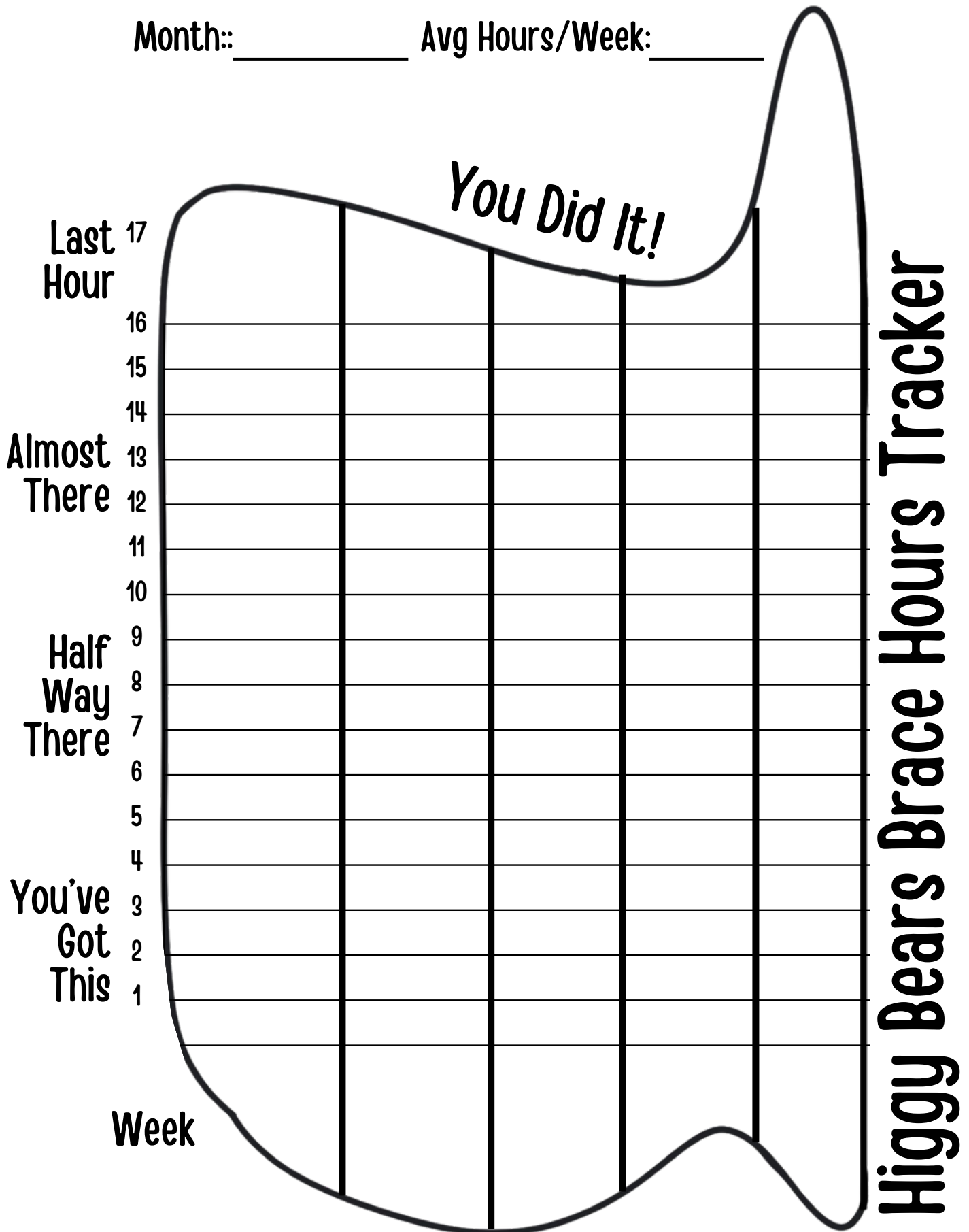
# Monthly Brace Hours

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



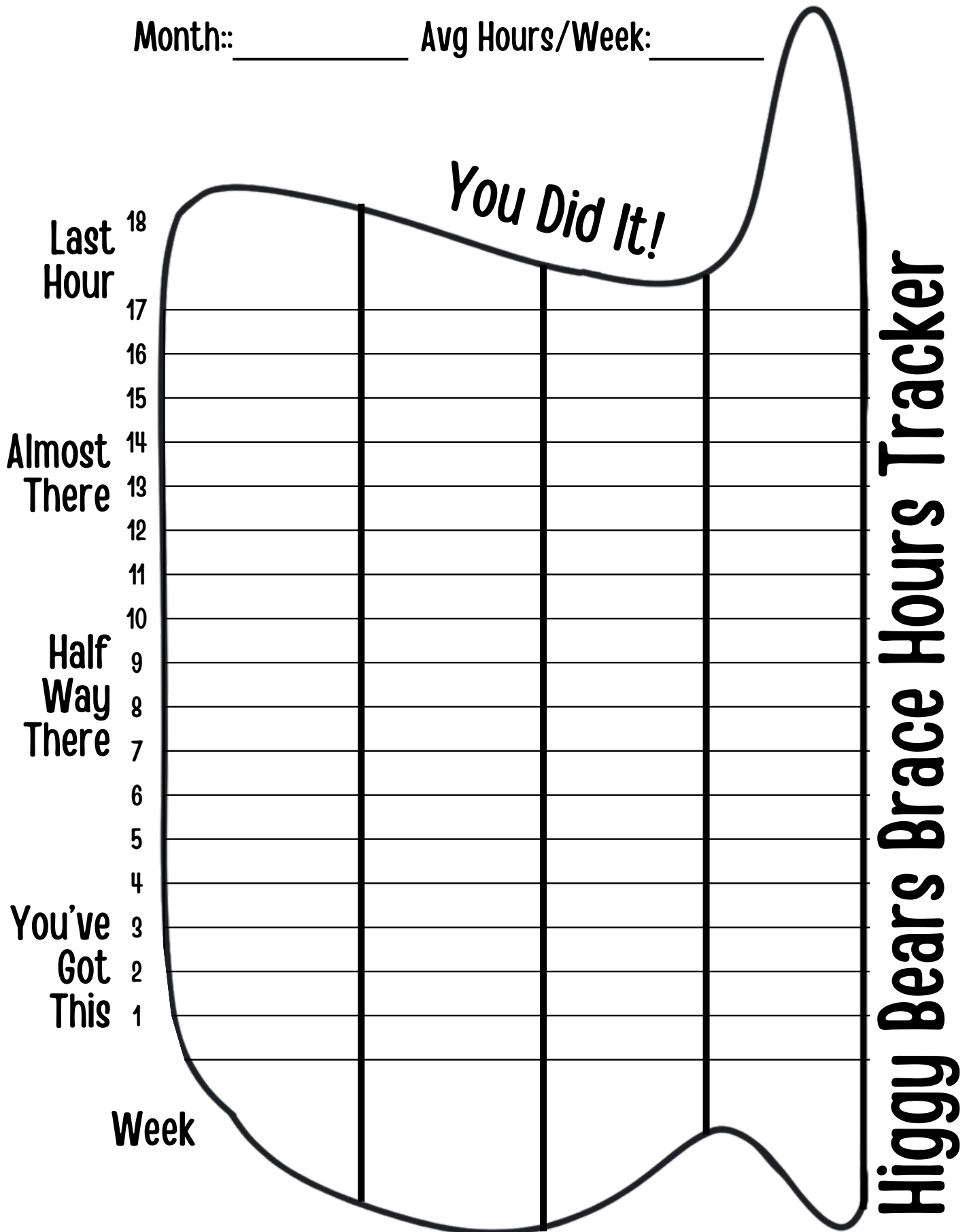
# Monthly Brace Hours

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



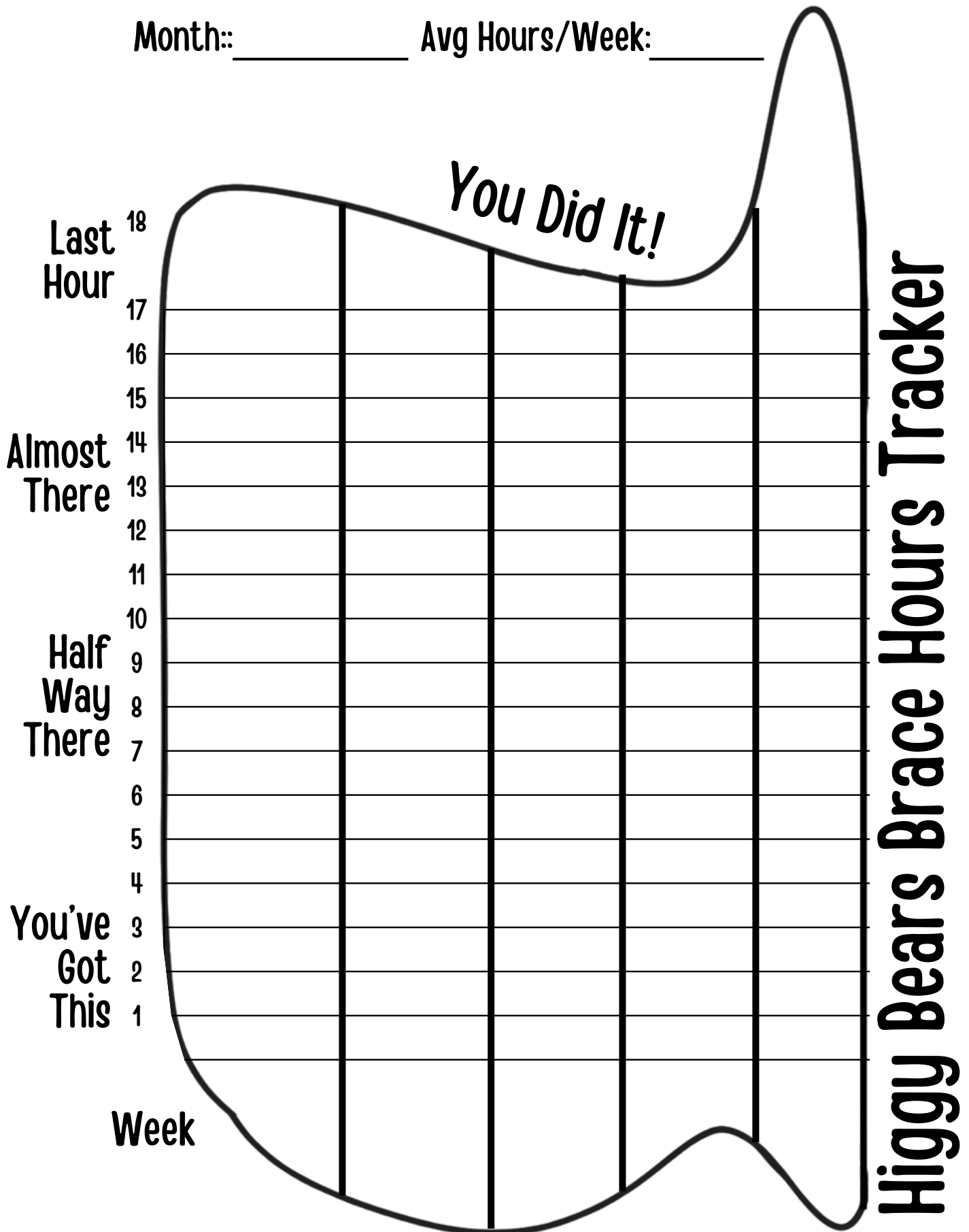
# Monthly Brace Hours

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_







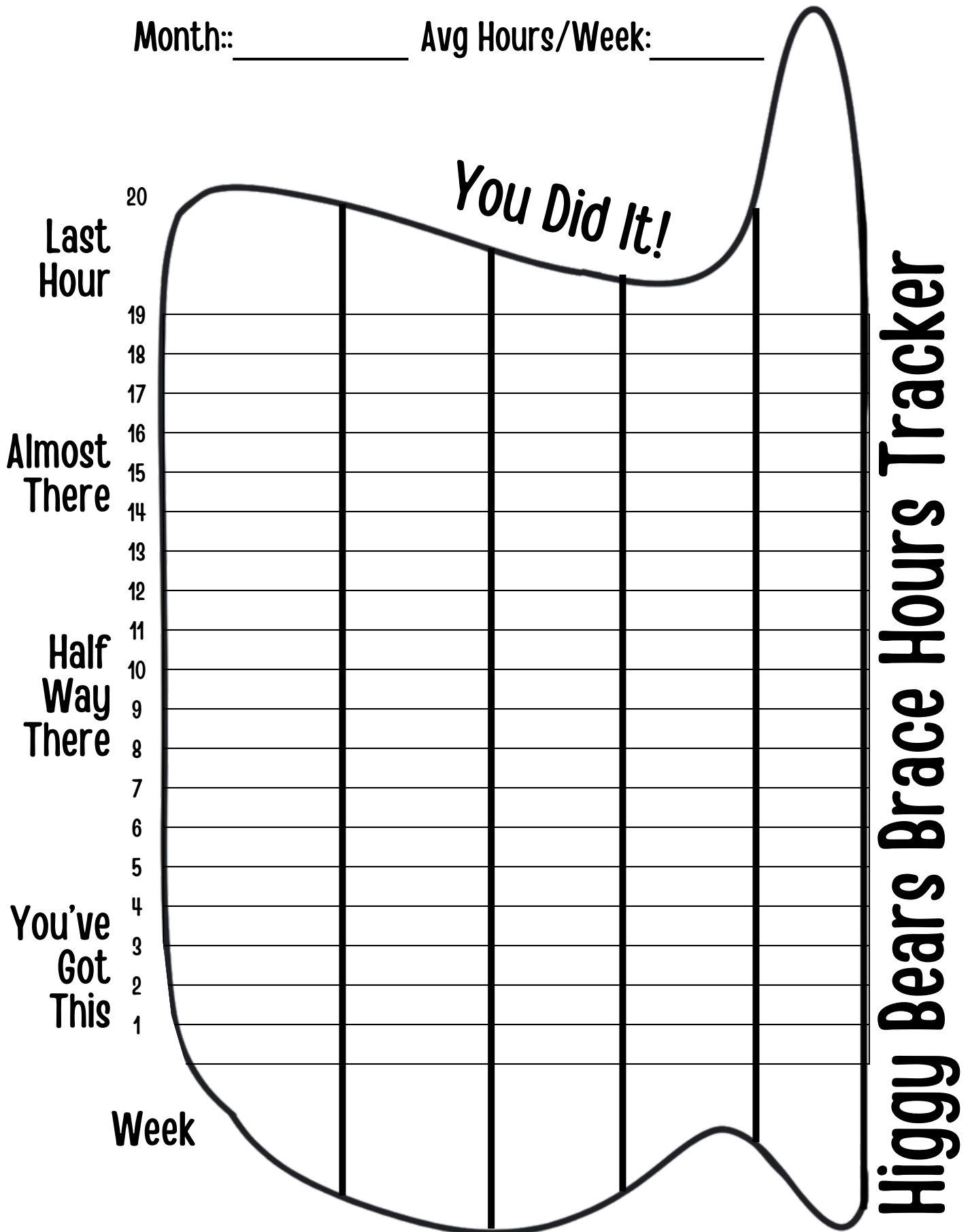




# Monthly Brace Hours

20

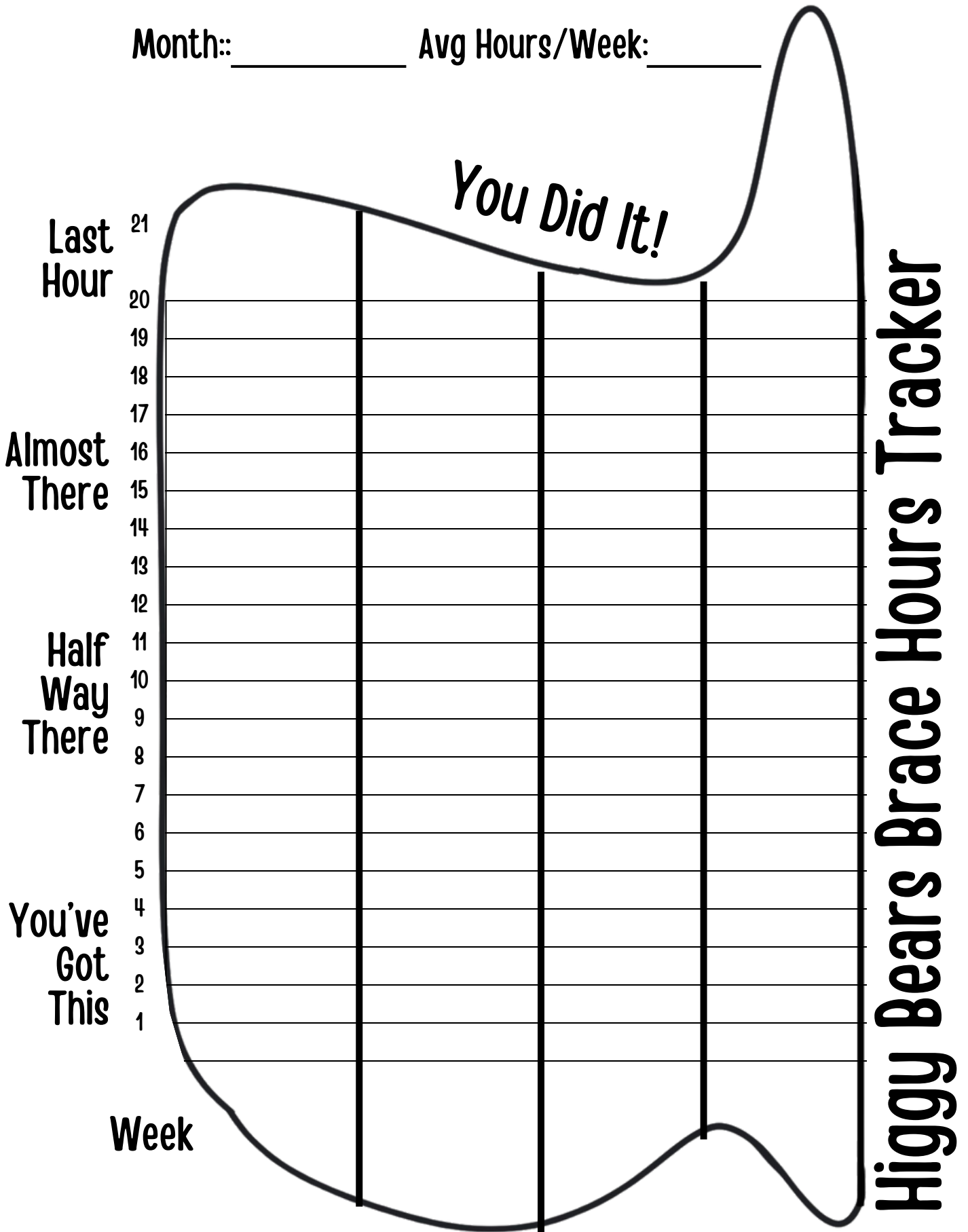
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

21

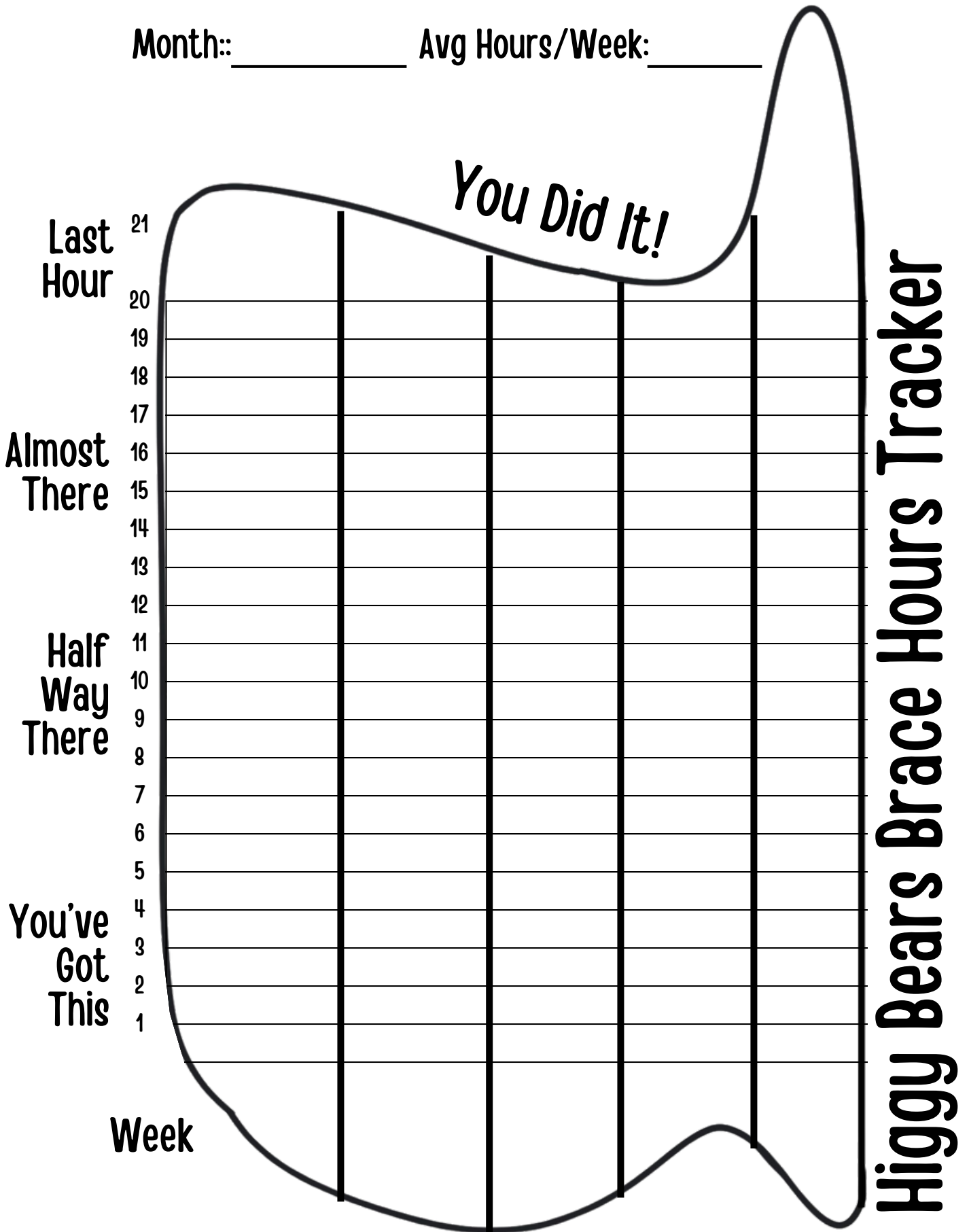
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

21

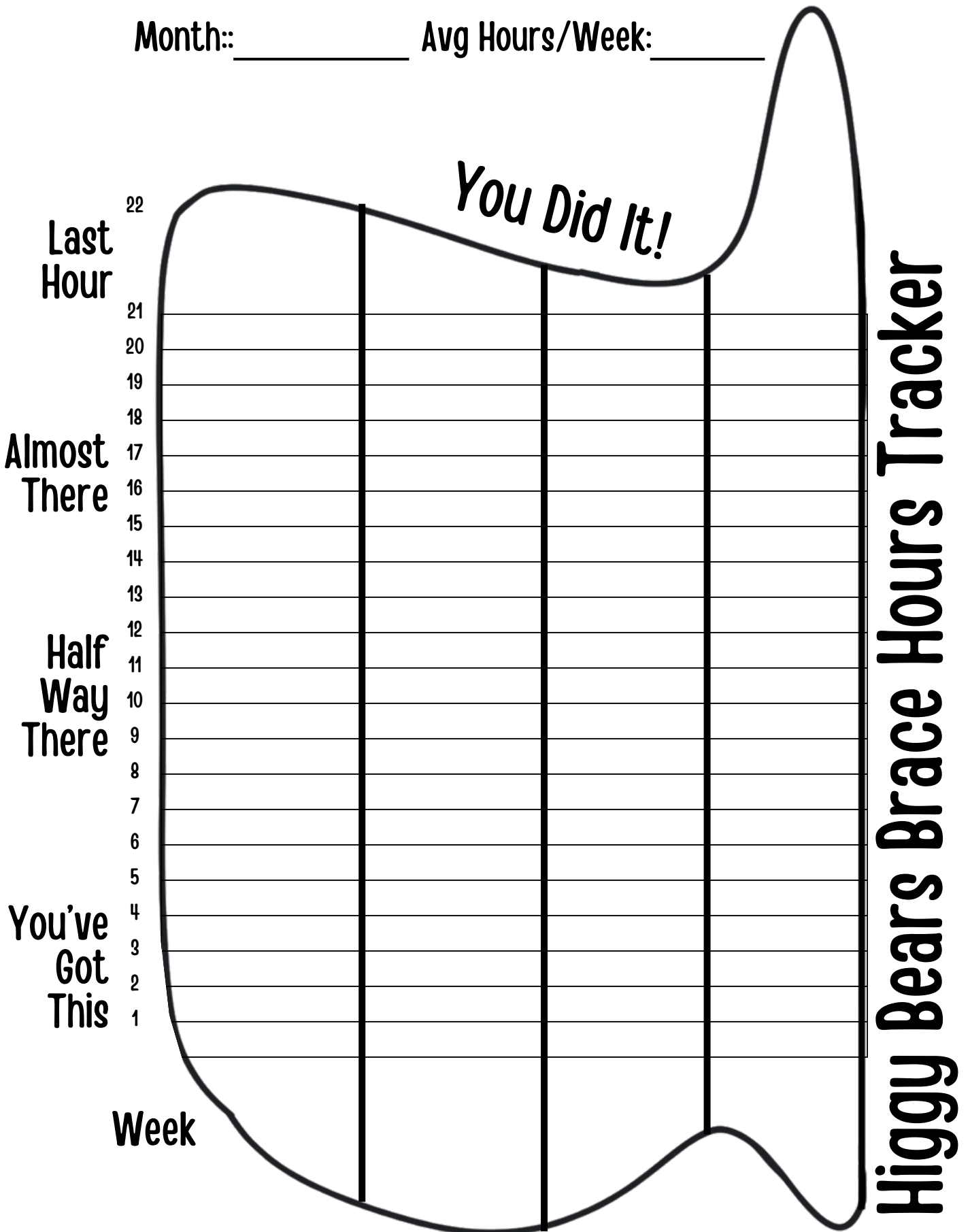
Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_



# Monthly Brace Hours

22

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

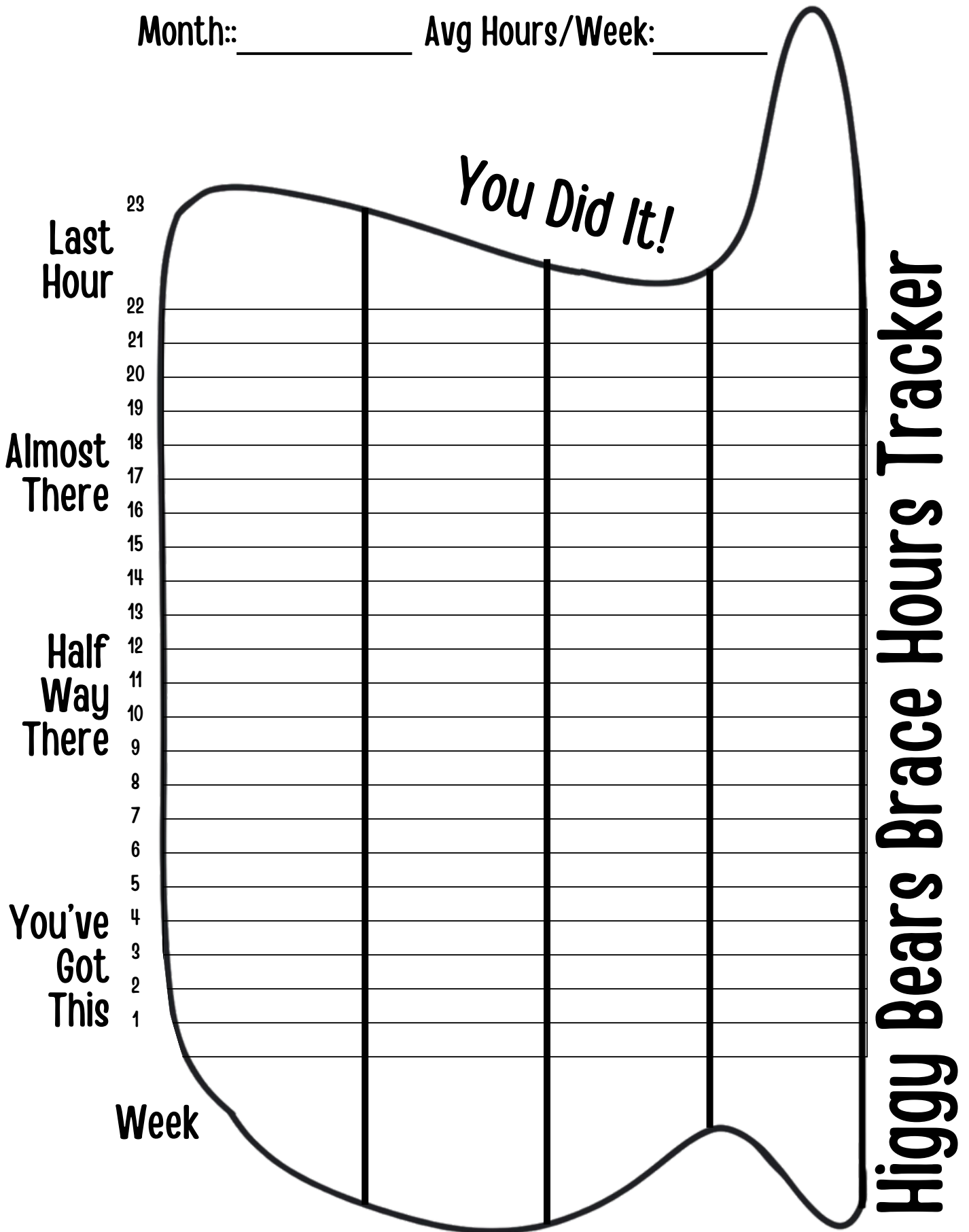




# Monthly Brace Hours

23

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_





# Monthly Brace Hours

23

Month: \_\_\_\_\_ Avg Hours/Week: \_\_\_\_\_

