

# Weekly Brace Hour Charts

**30 Minutes - 23 Hours**

Directions: Find the chart that corresponds with your maximum brace hour goal for the week. Print only that page. Using the colors you picked out, color in the sections representing the amount of time you wore your brace each day. Try to color in the whole sheet if you can. At the end of the week, total up your hours and divide them by 7 to get your average hours per day. Transfer that number to the corresponding week on your monthly chart.

If you are building up your hours and will have different hour goals for each day please see the next page as an example of how to track your hours.

Bent Not Broken

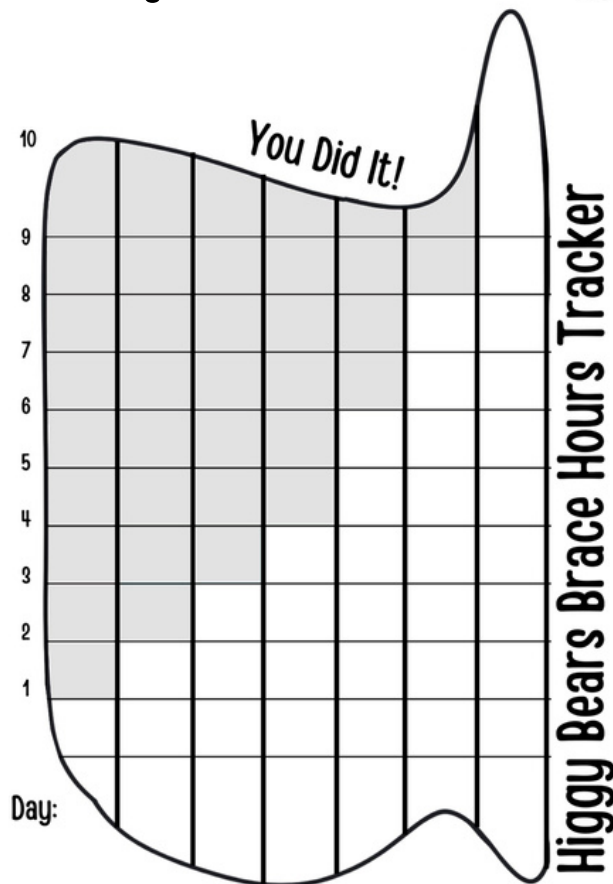
# Brace Hours Build-Up Example

If you are just starting out or trying to build up your brace hours, use your schedule page to plan out your 7 day goal for the week. Choose the chart that has the maximum hour goal for your 7 days. Color in the hours you do not plan on wearing your brace so in grey that you can still fill up your brace at the end of the week.

## Example Plan For The Week:

Day 1- 1 Hour, Day 2- 2 Hours, Day 3- 3 Hours,  
Day 4- 4 Hours, Day 5- 6 Hours, Day 6- 8 Hours,  
Day 7- 10 Hours

Planned hours to not wear your brace. Color these in ahead of time in the color you choose for your chart.

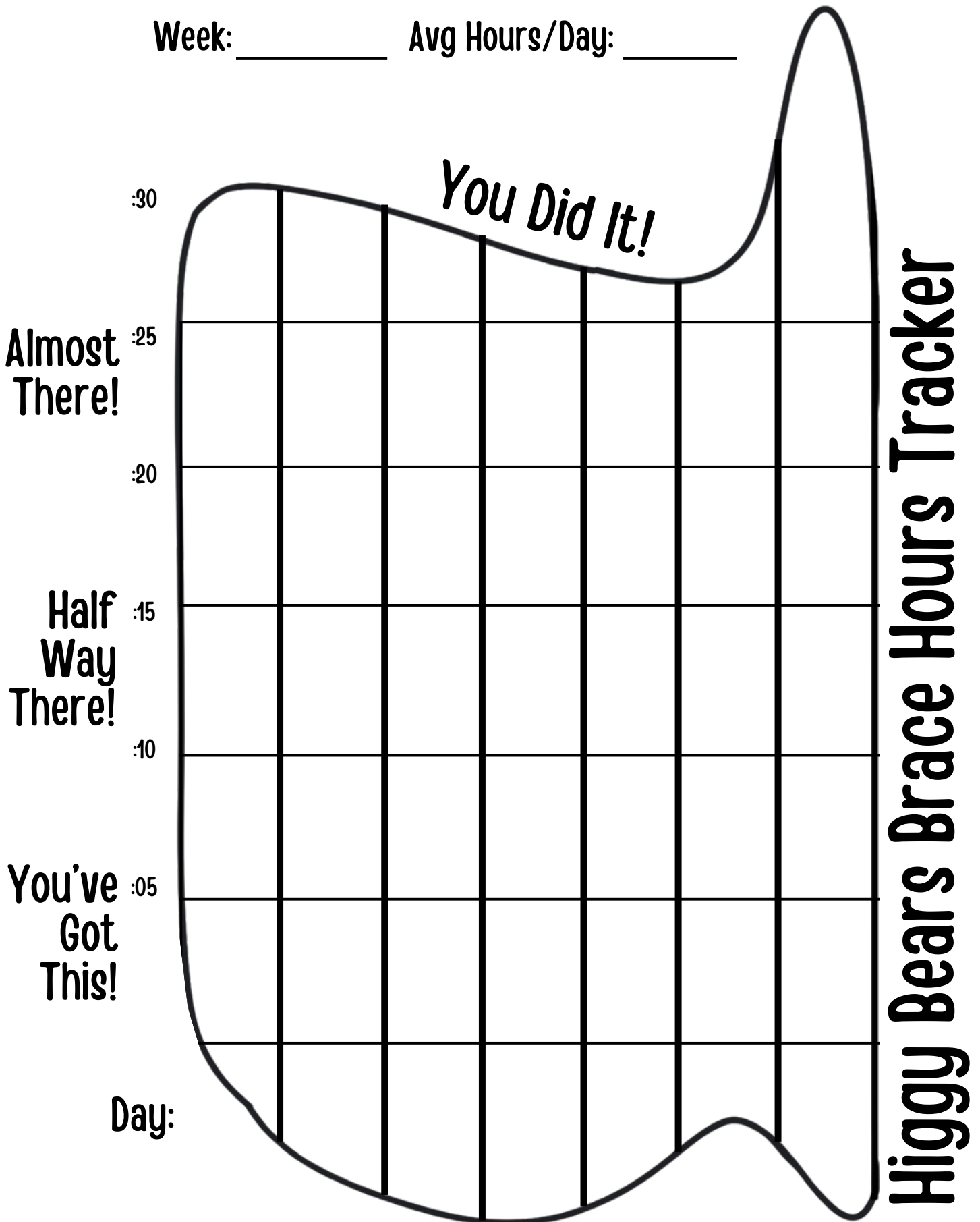


Hours planned to wear your brace (in white) to color in as you go.

# Weekly Brace Hours

:30

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



Almost There!

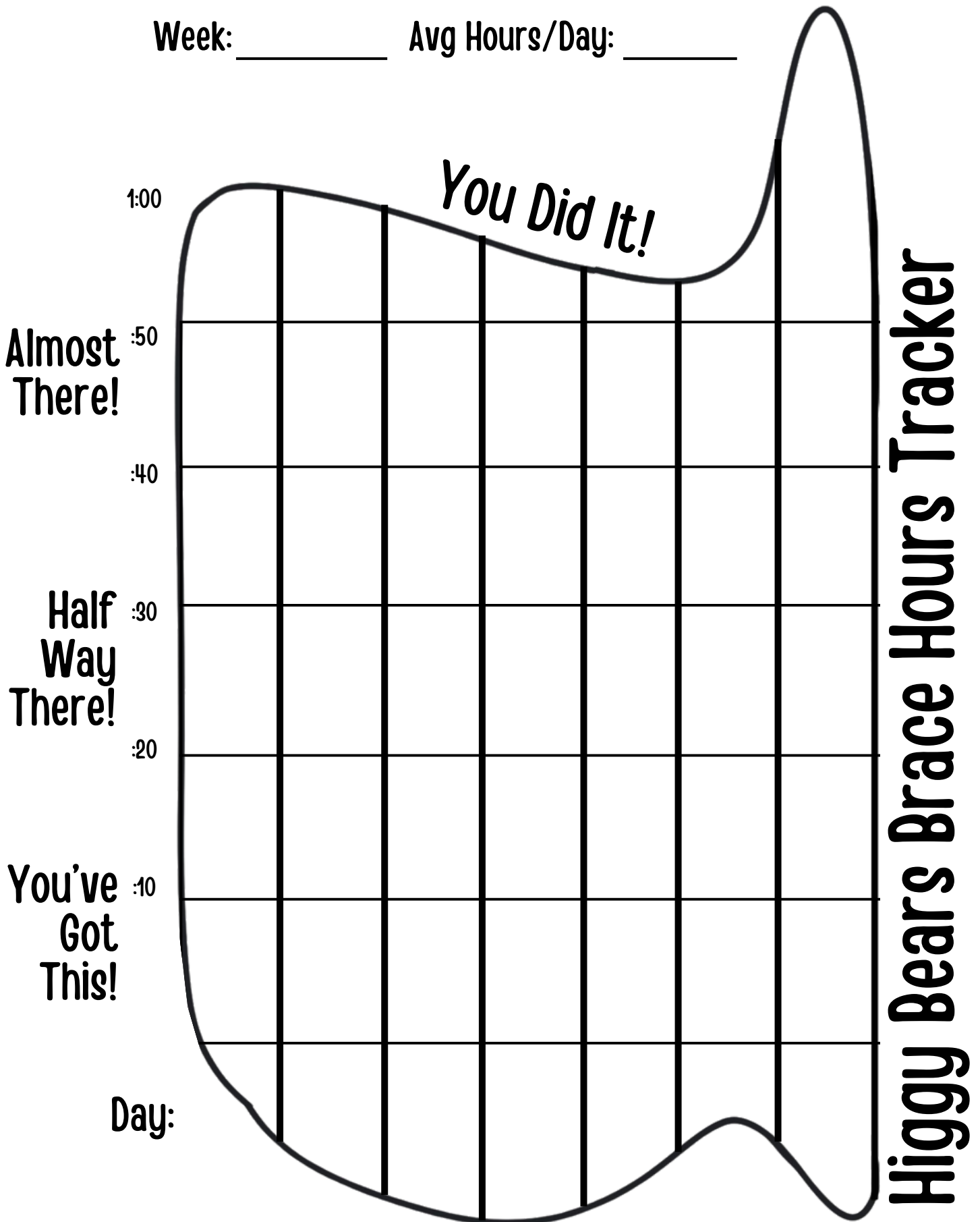
Half Way There!

You've Got This!

# Weekly Brace Hours

1

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

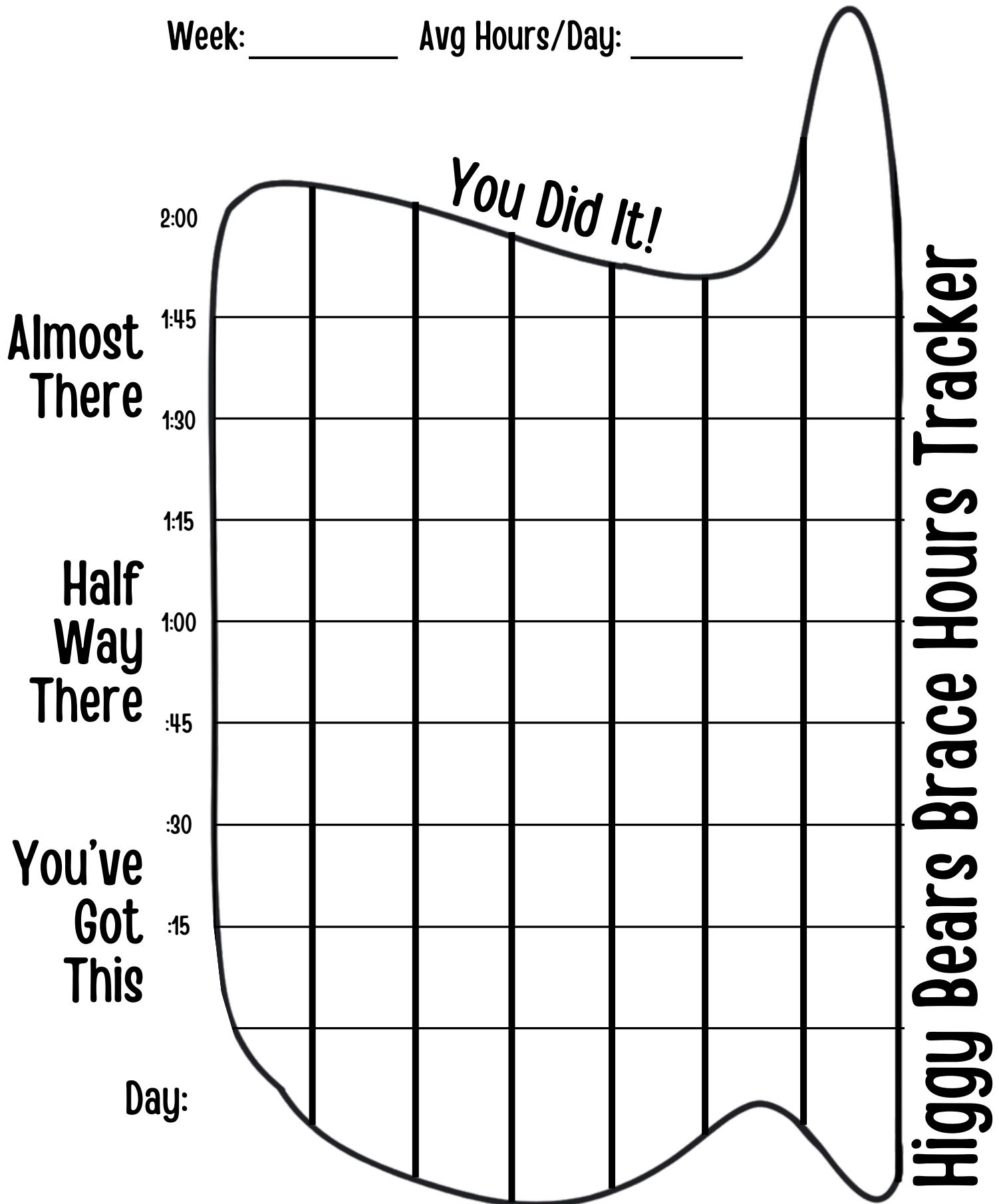


**Higgly Bears Brace Hours Tracker**

# Weekly Brace Hours

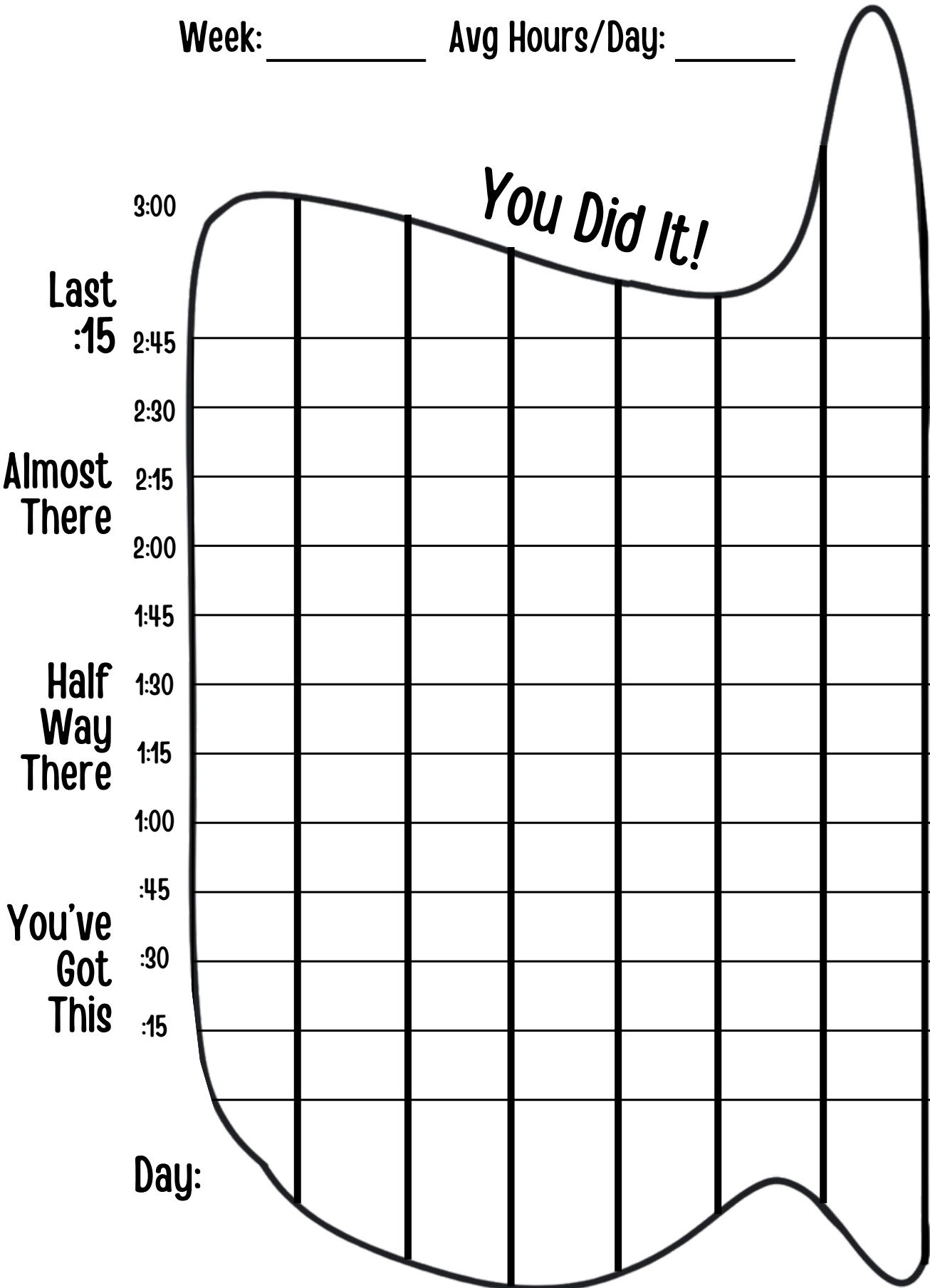
2

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



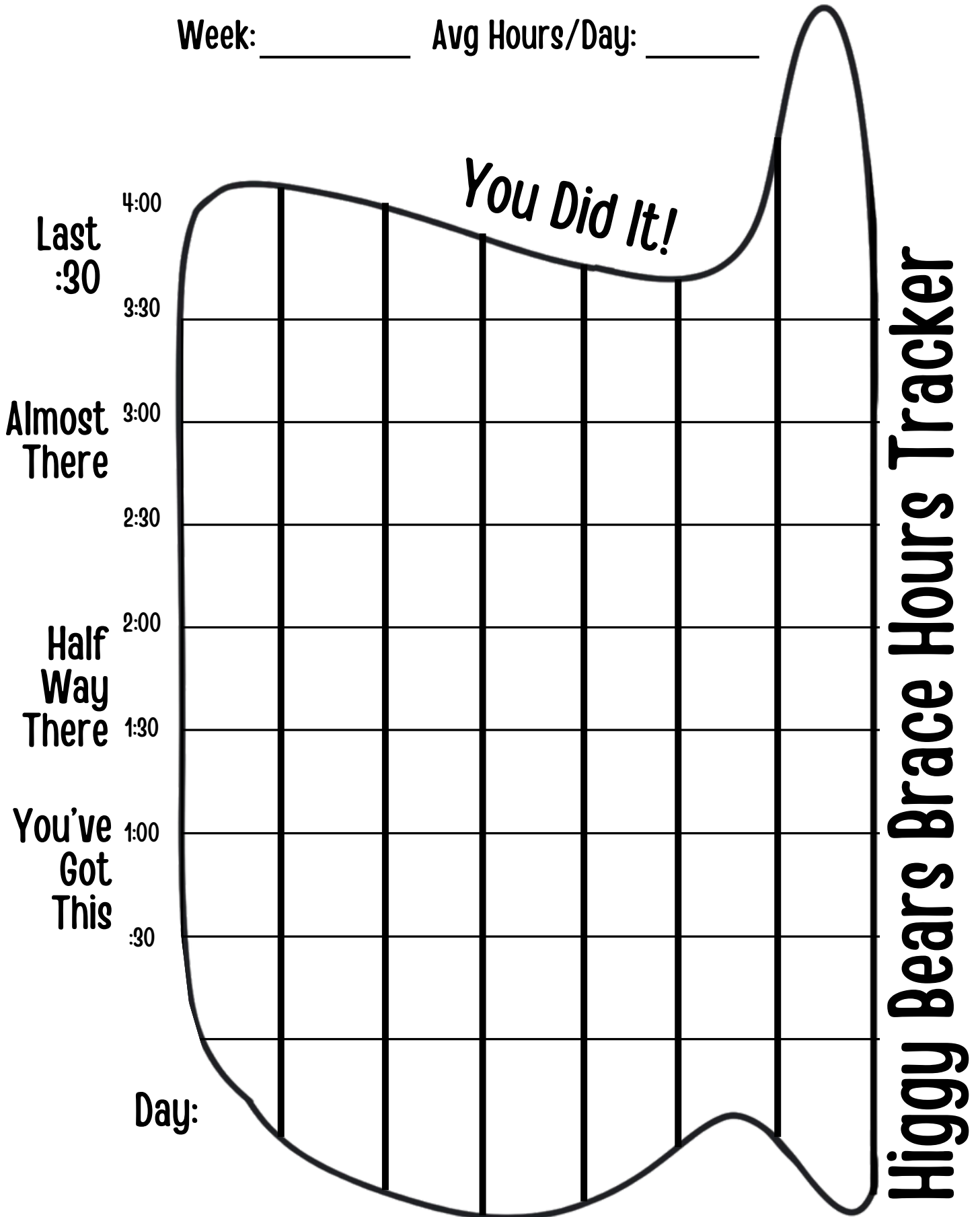
Higgly Bears Brace Hours Tracker

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

# Weekly Brace Hours

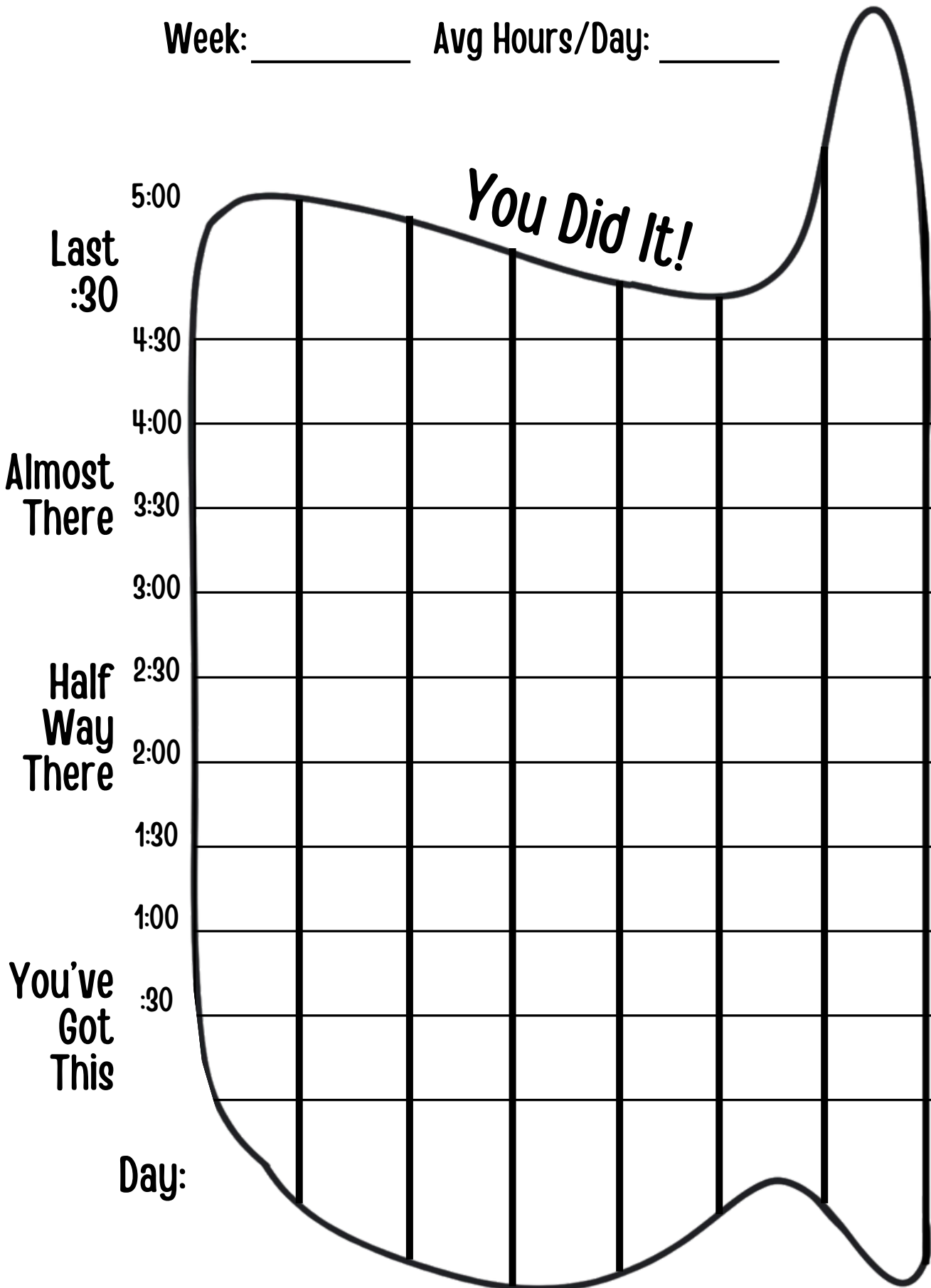
4

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



**Higgly Bears Brace Hours Tracker**

Last :30  
Almost There  
Half Way There  
You've Got This

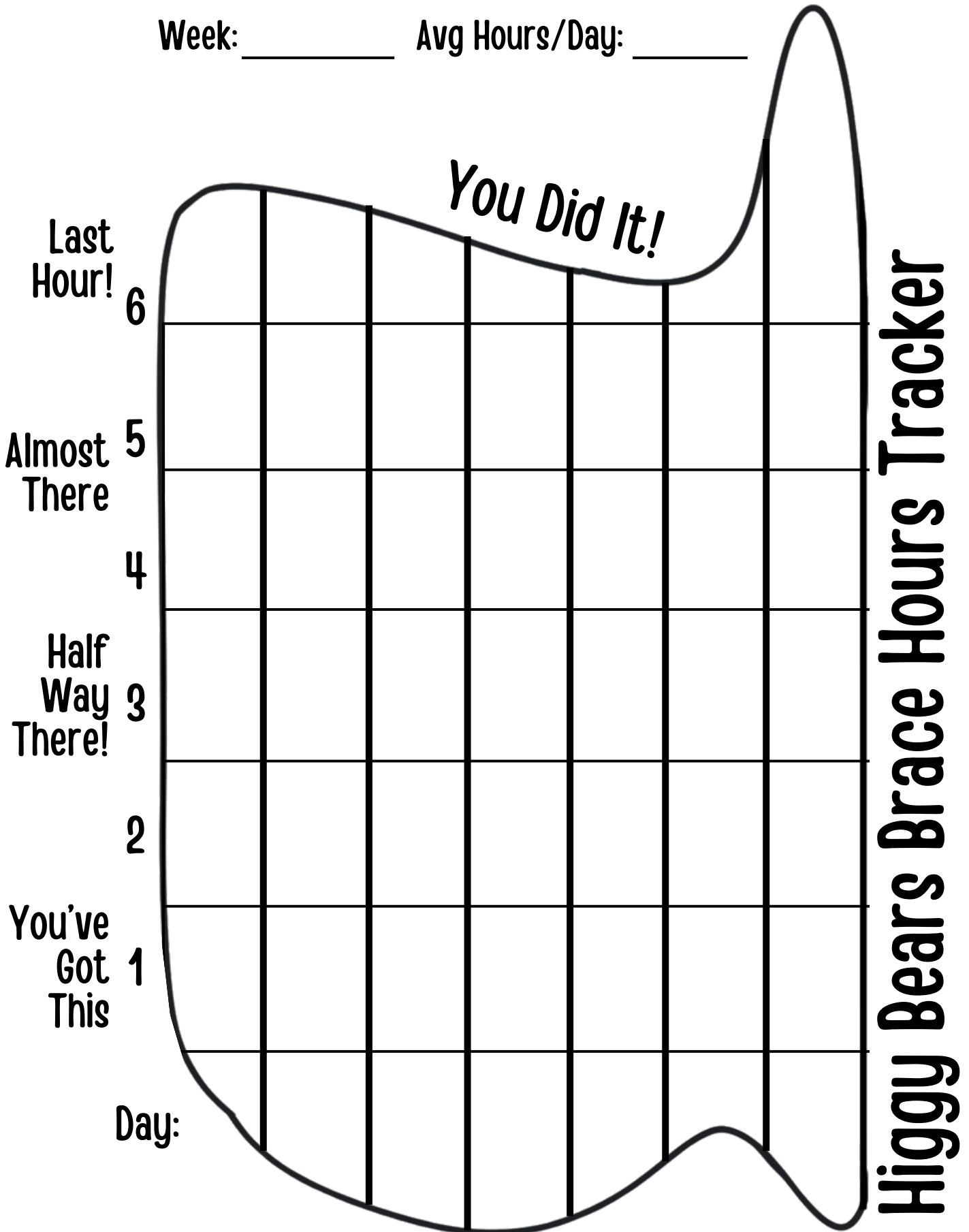
Day:



# Weekly Brace Hours

6

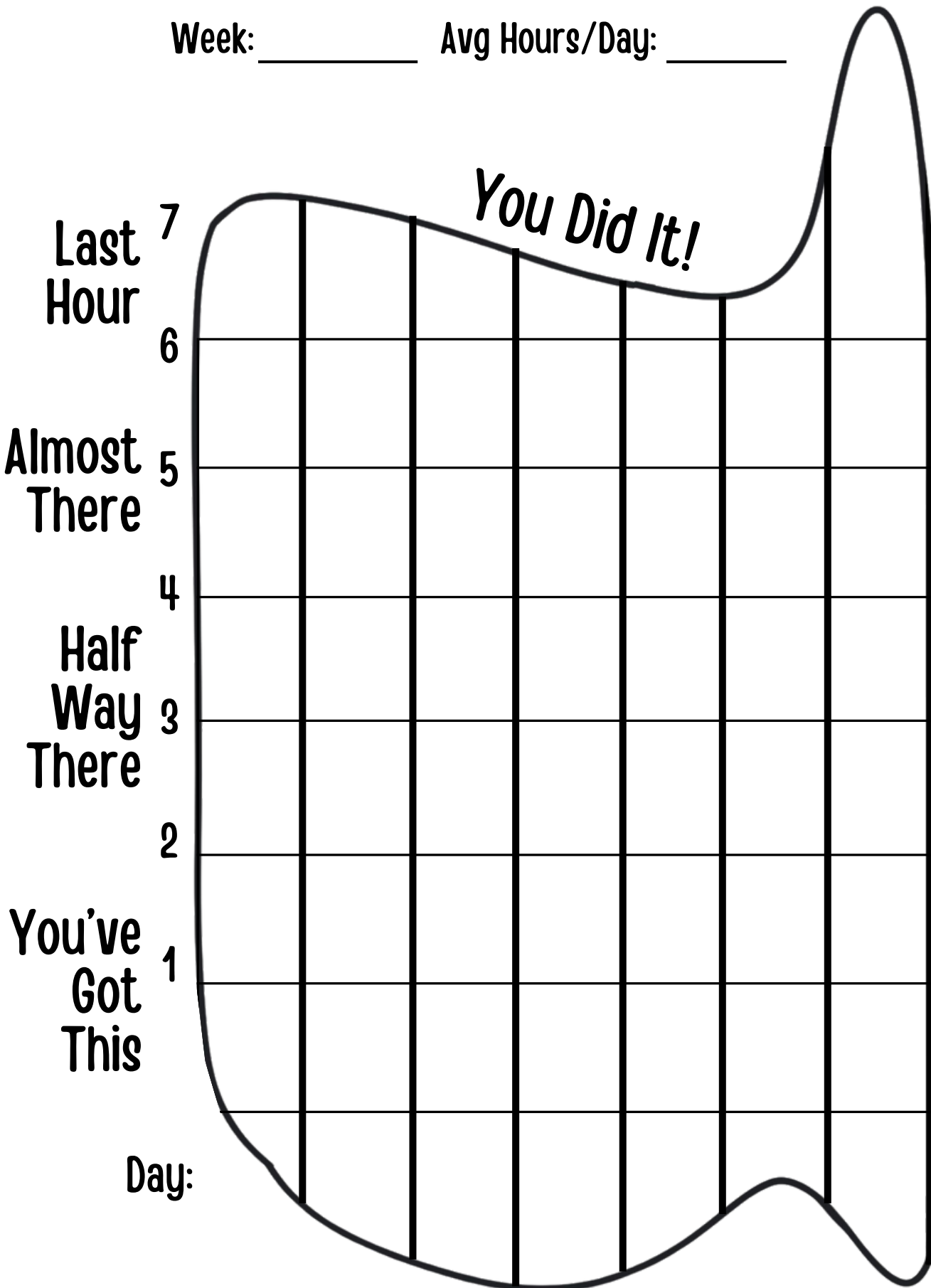
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

7

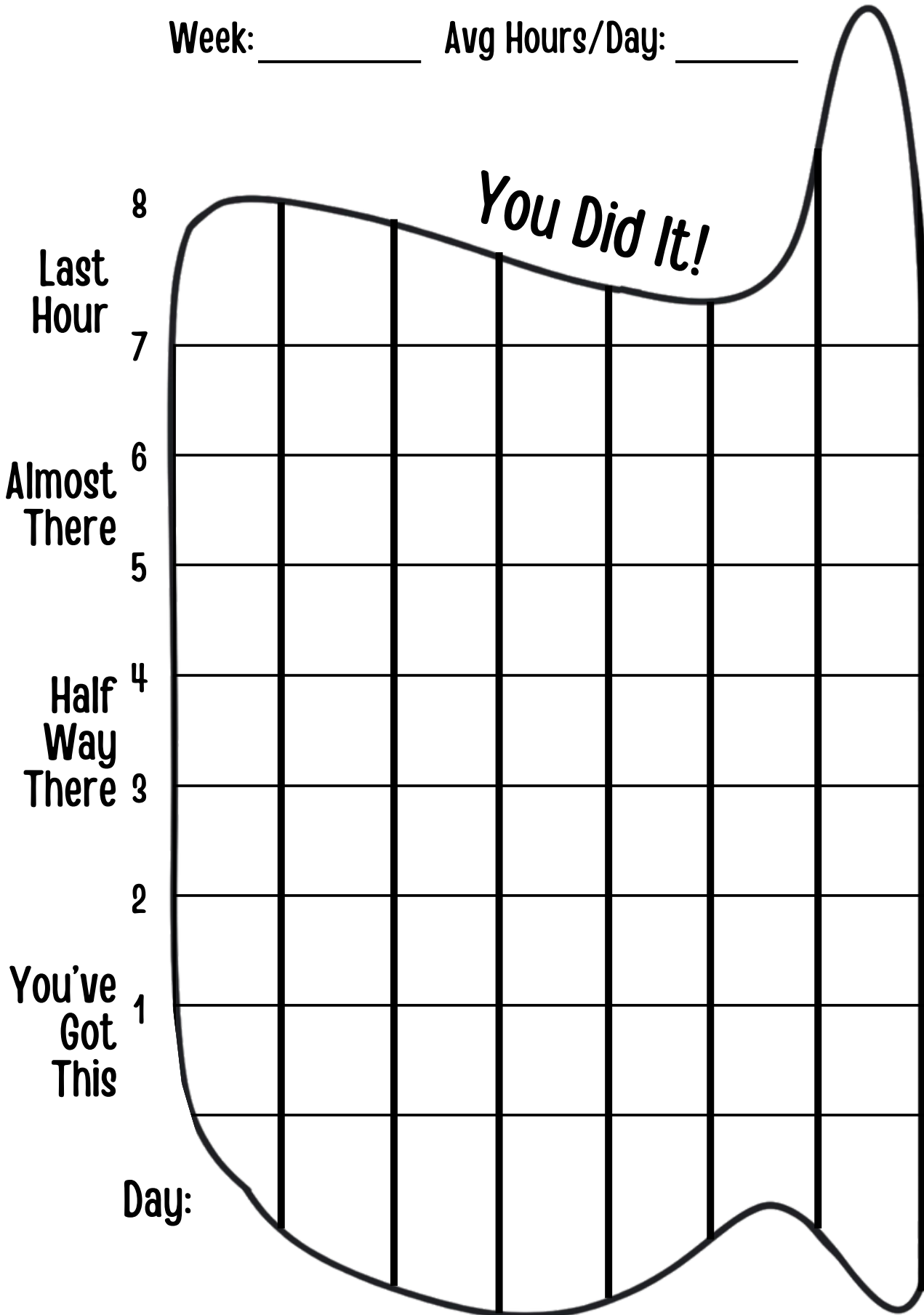
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



Higgy Bears Brace Hours Tracker

# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

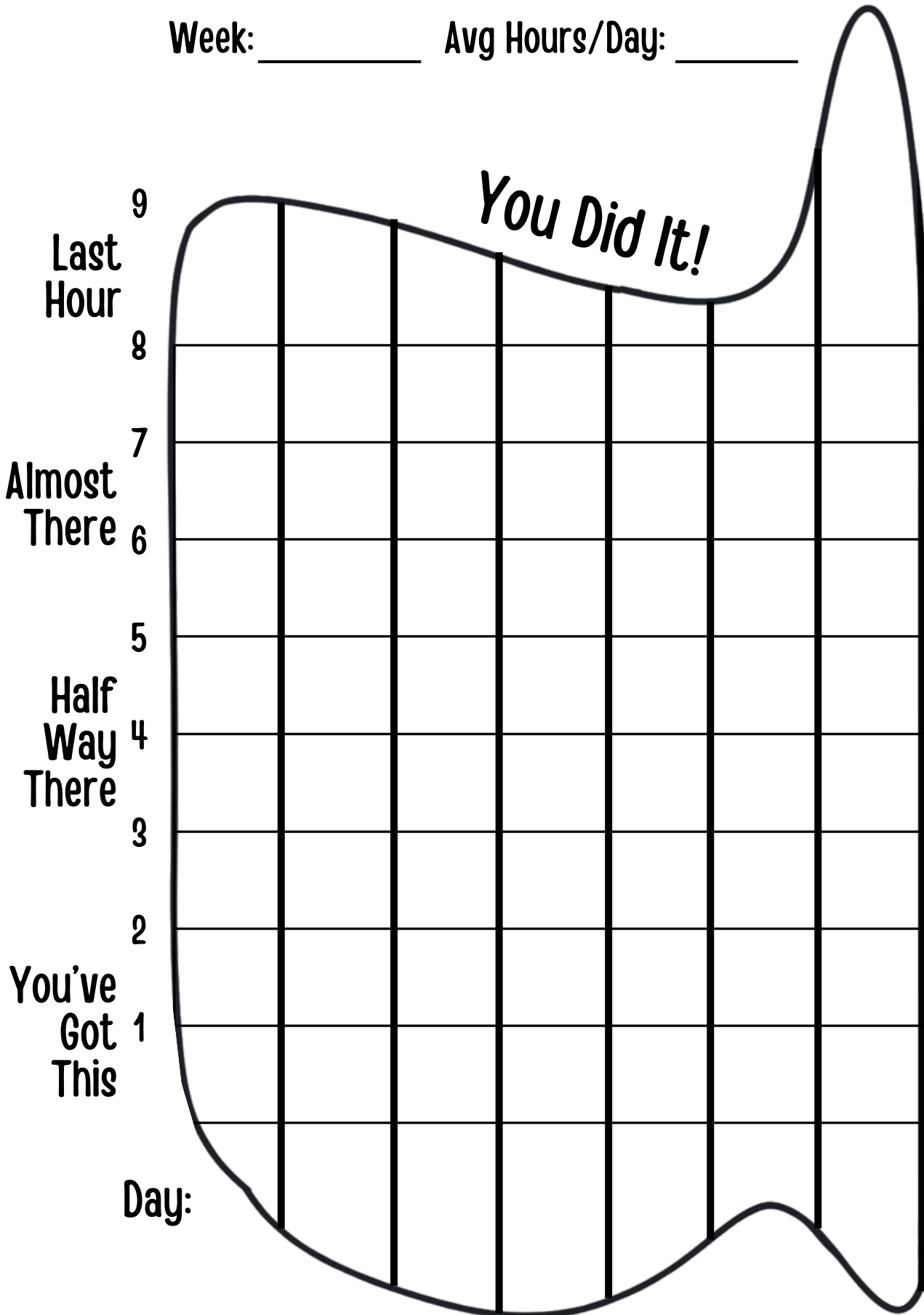


Higgly Bears Brace Hours Tracker

# Weekly Brace Hours

9

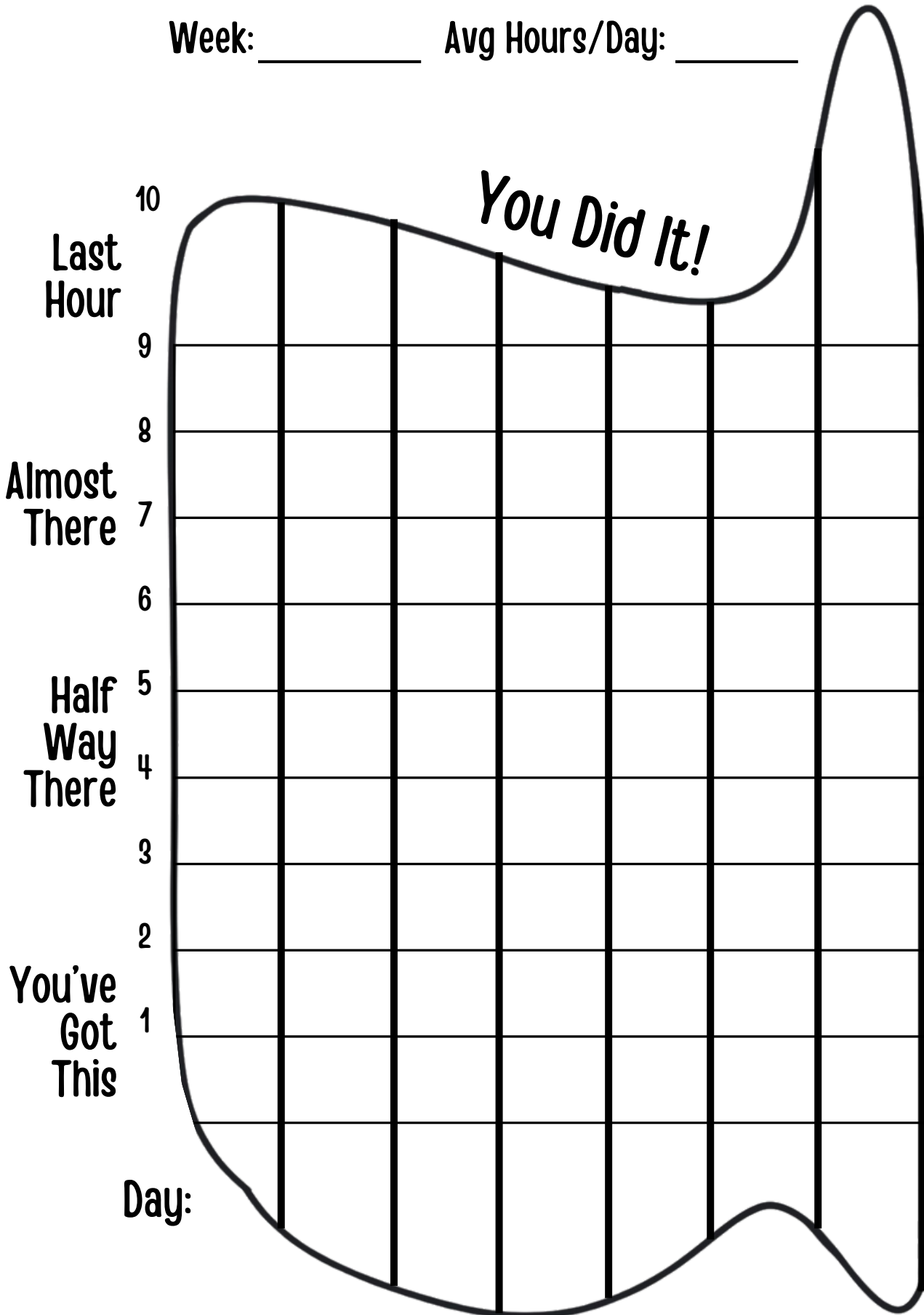
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



Higgly Bears Brace Hours Tracker

# Weekly Brace Hours

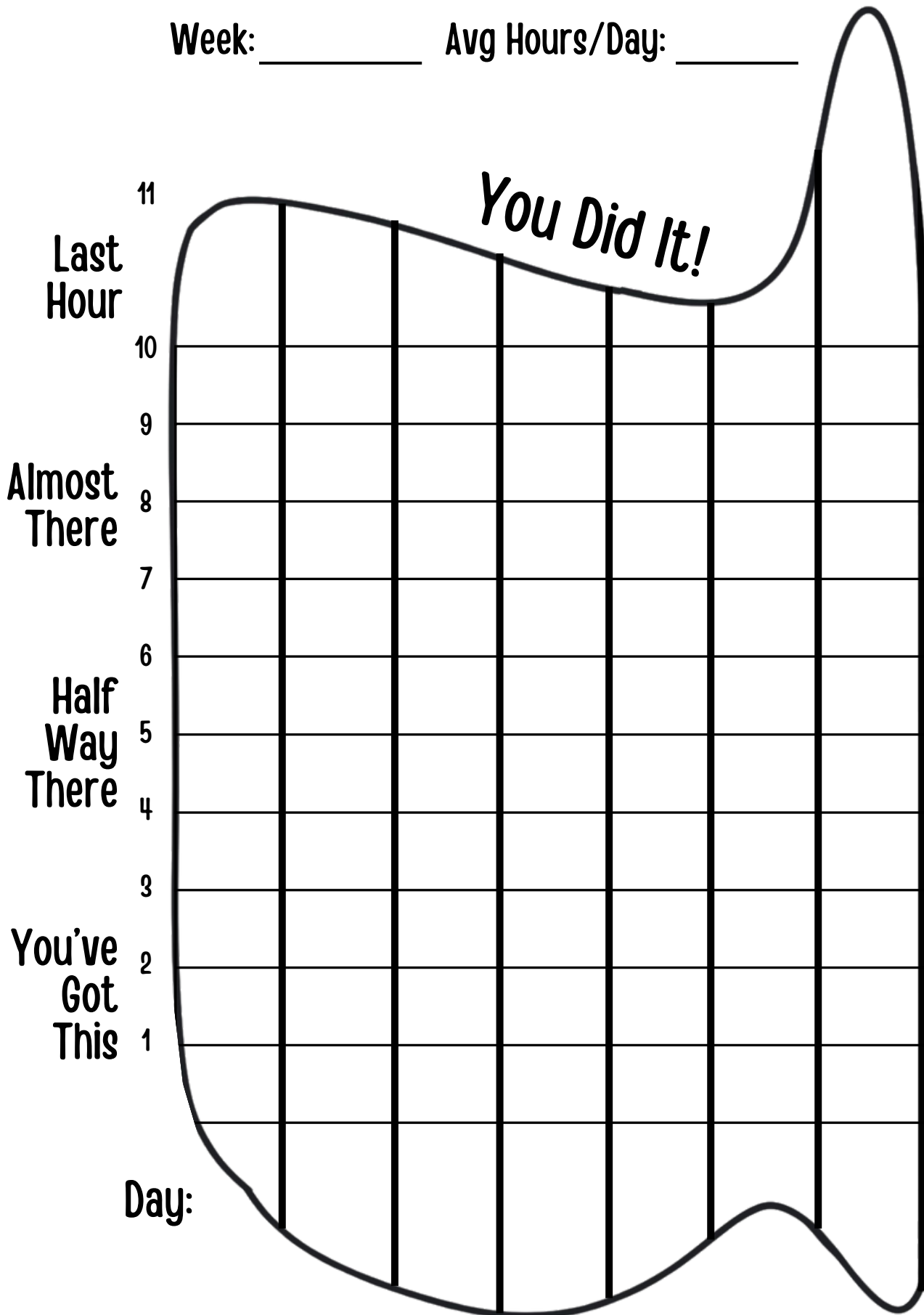
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



Higgy Bears Brace Hours Tracker

# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

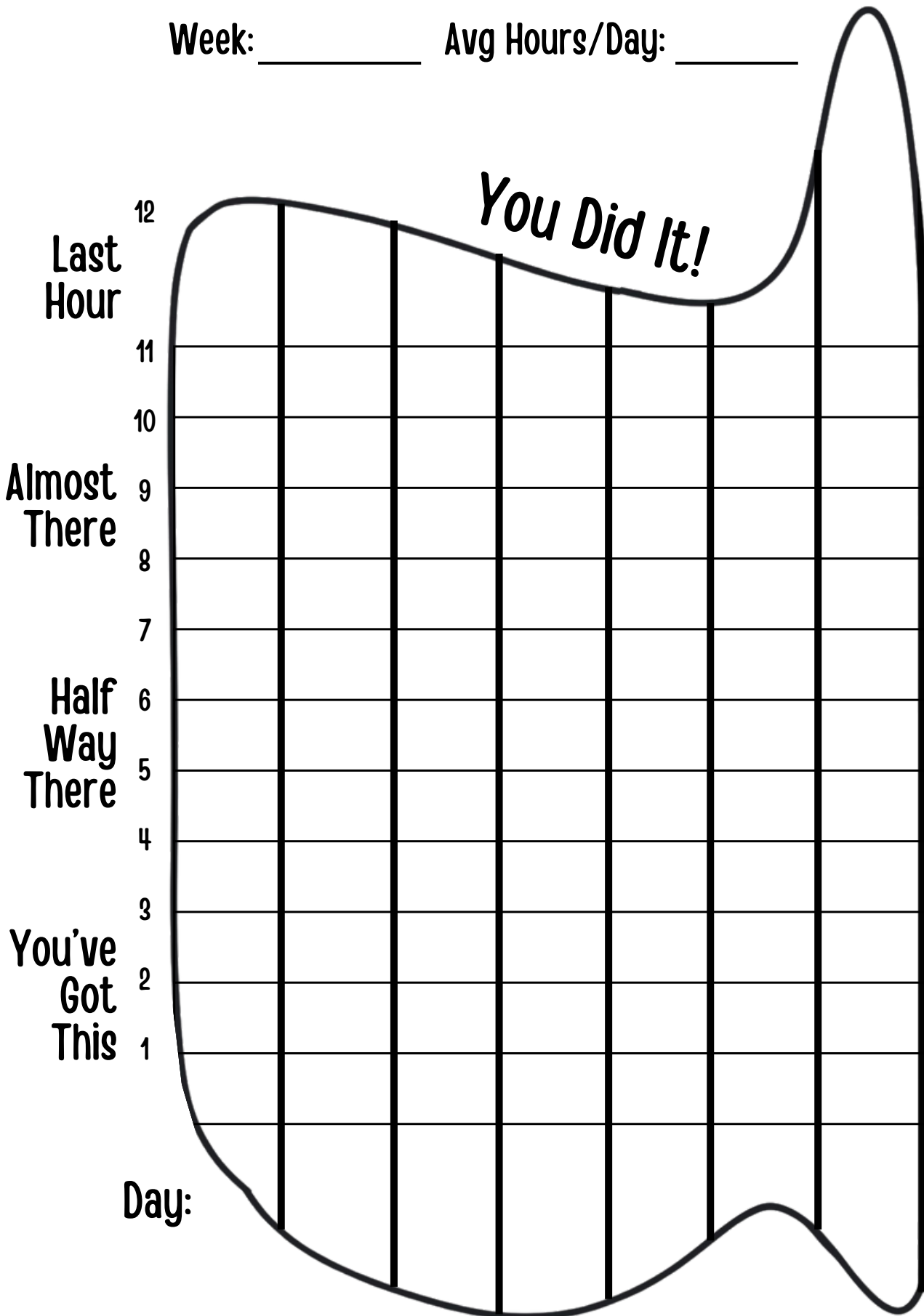


Higgy Bears Brace Hours Tracker

# Weekly Brace Hours

12

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

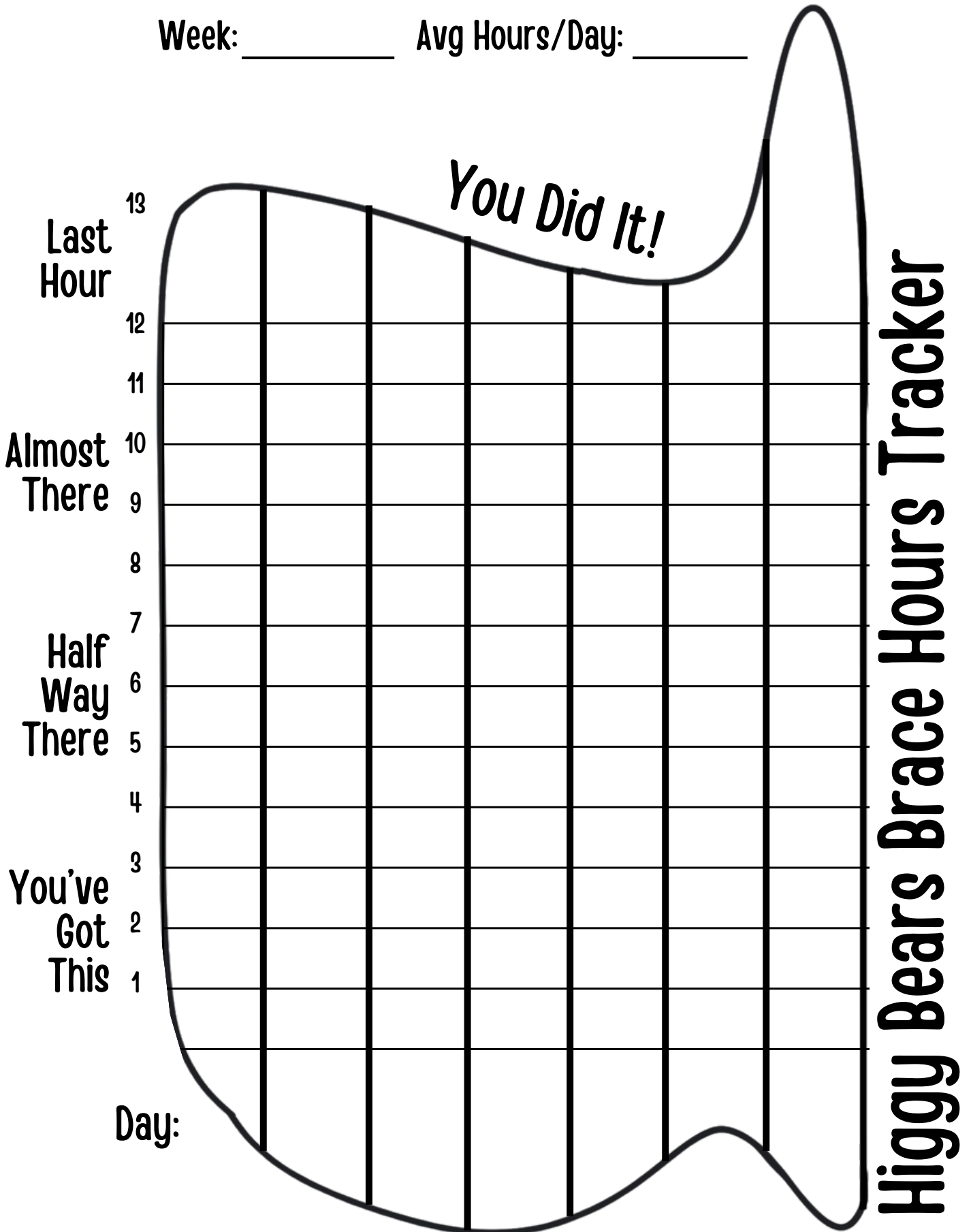


Higgy Bears Brace Hours Tracker

# Weekly Brace Hours

13

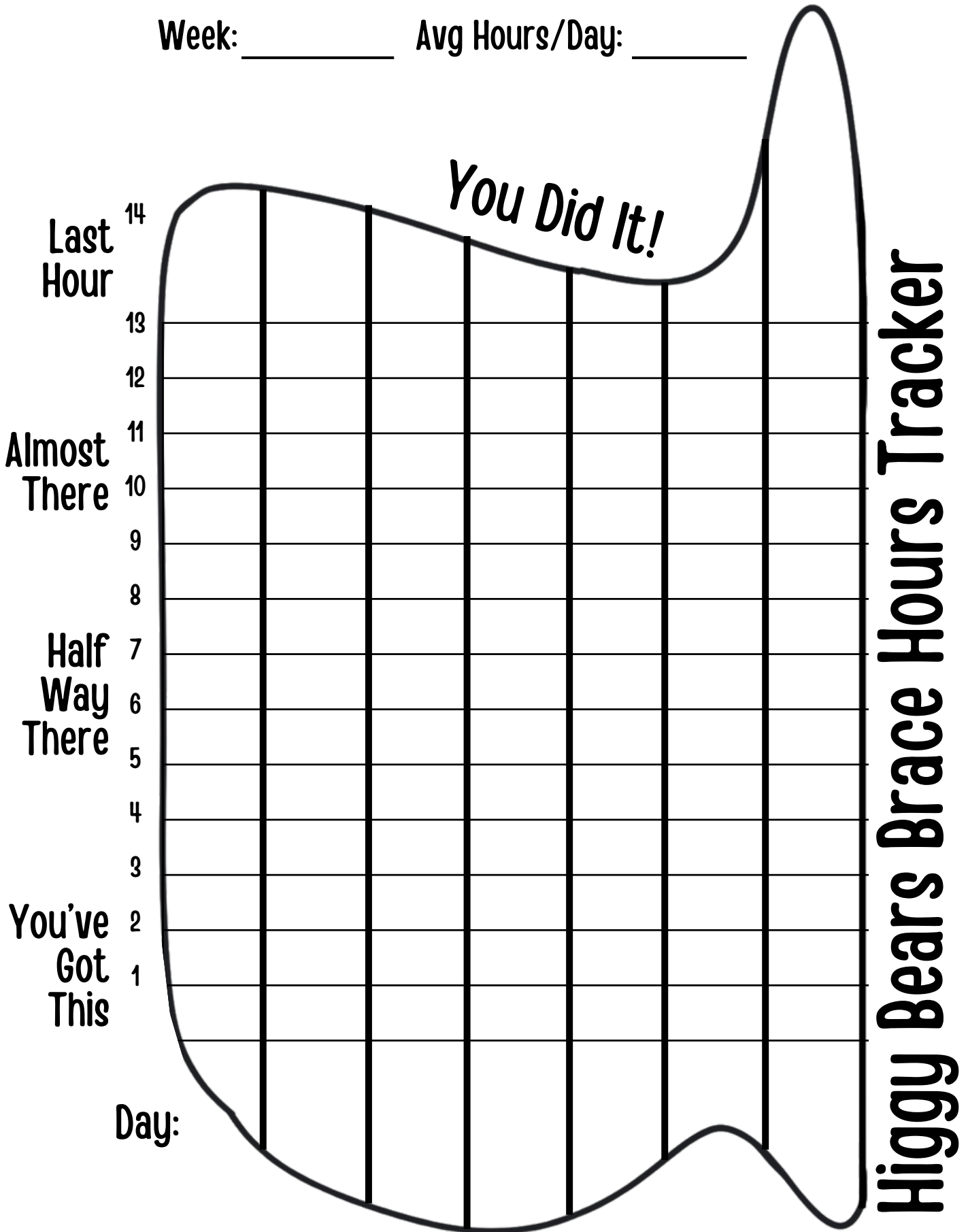
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_





# Weekly Brace Hours

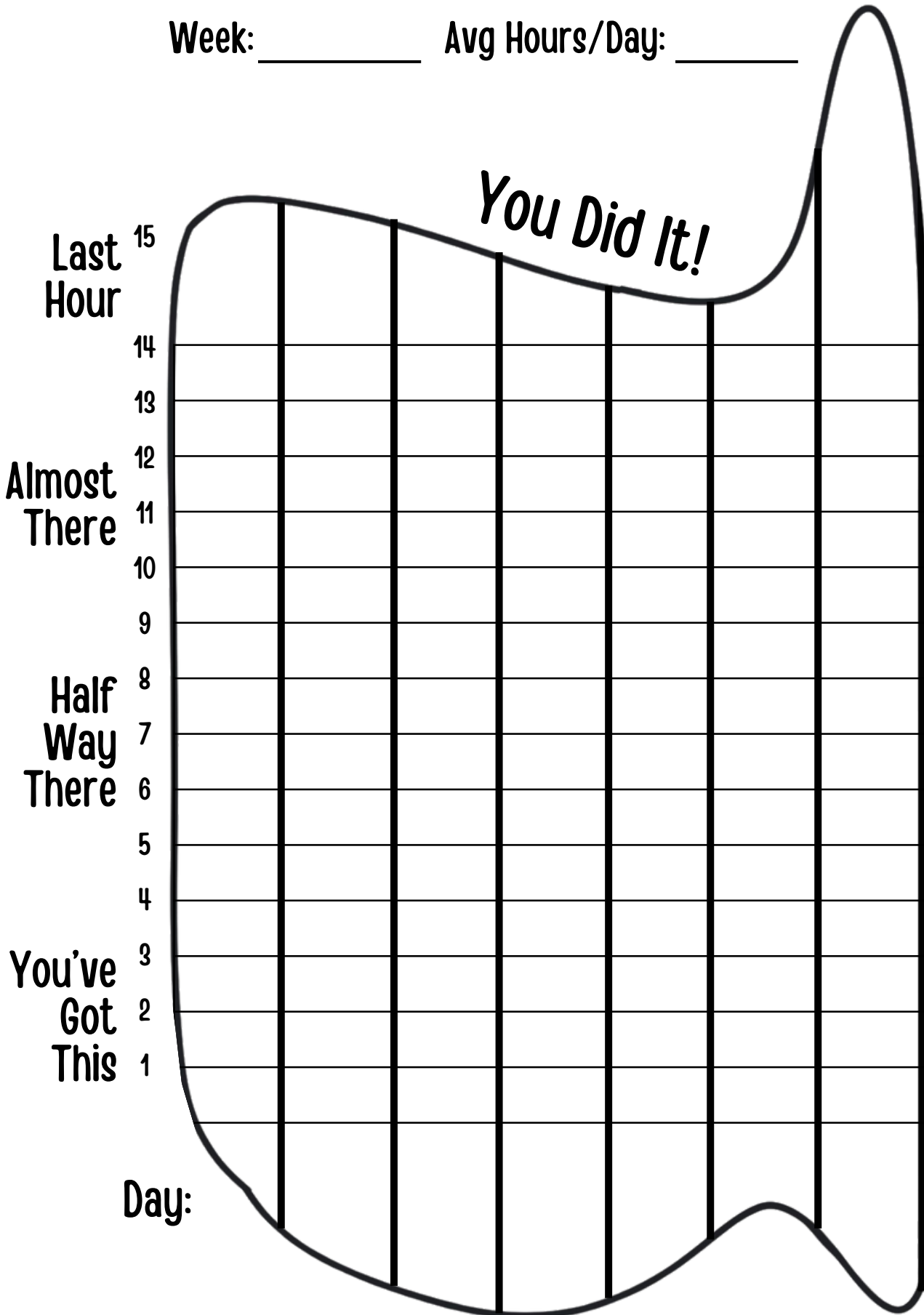
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

15

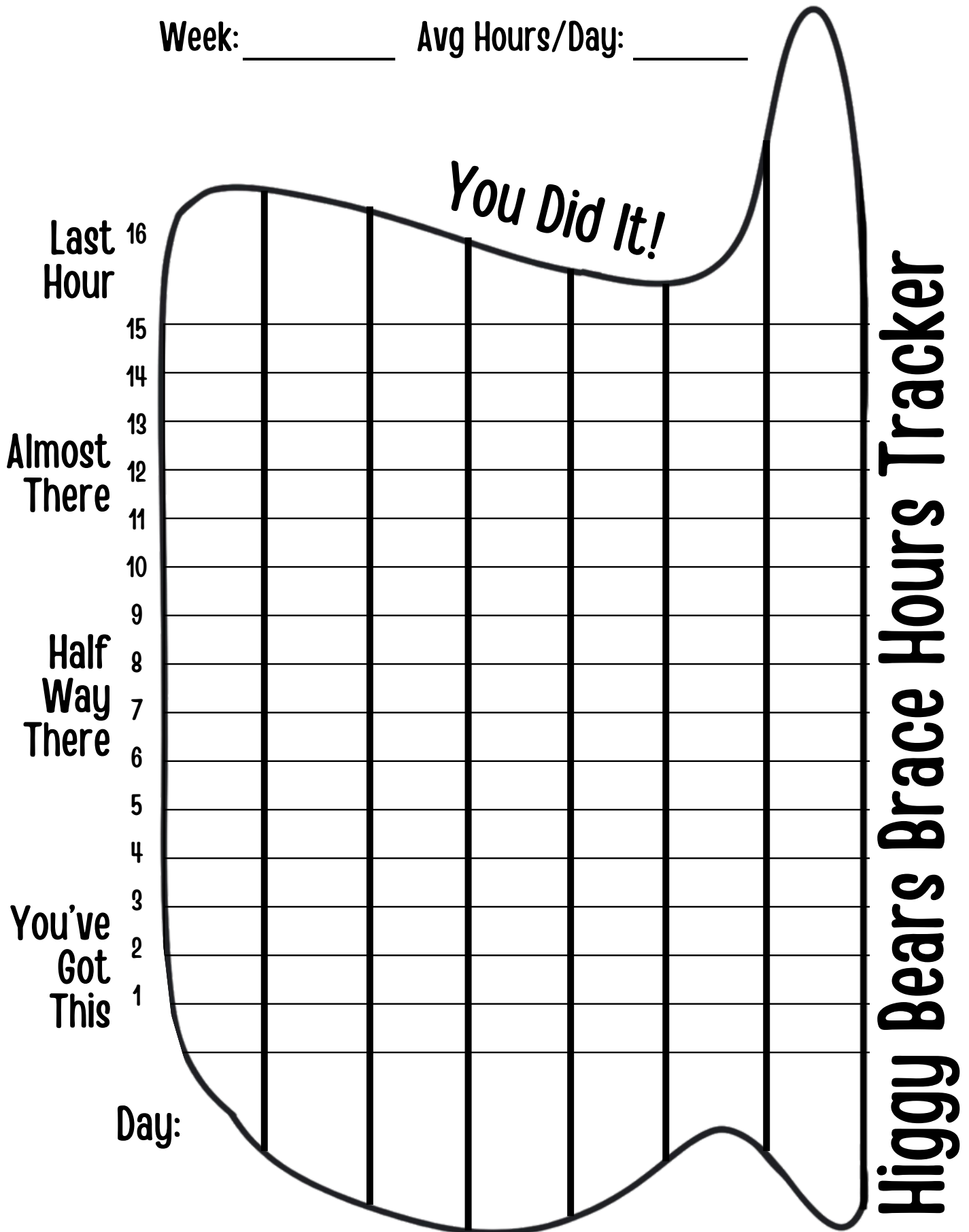
Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



Higgy Bears Brace Hours Tracker

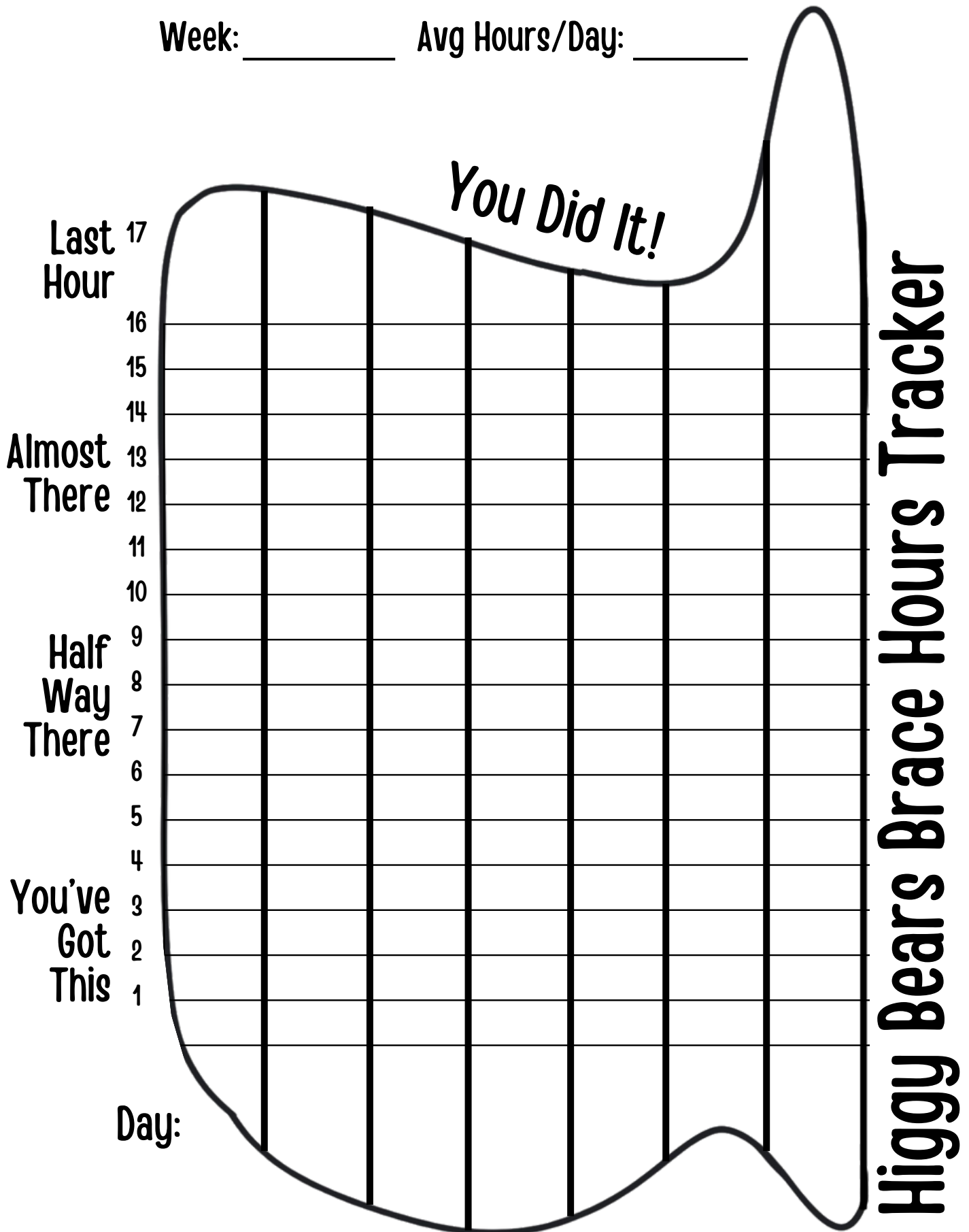
# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



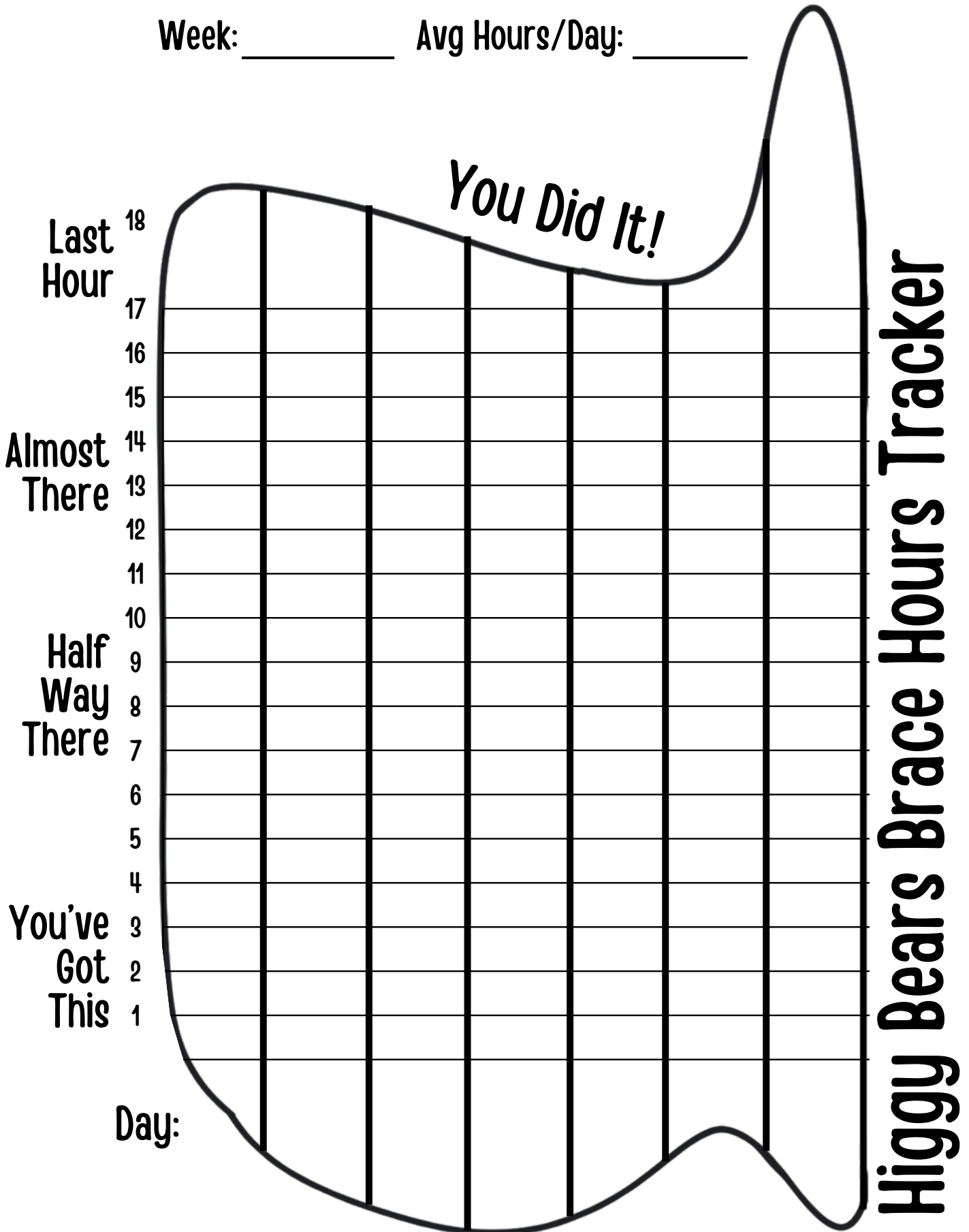
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Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



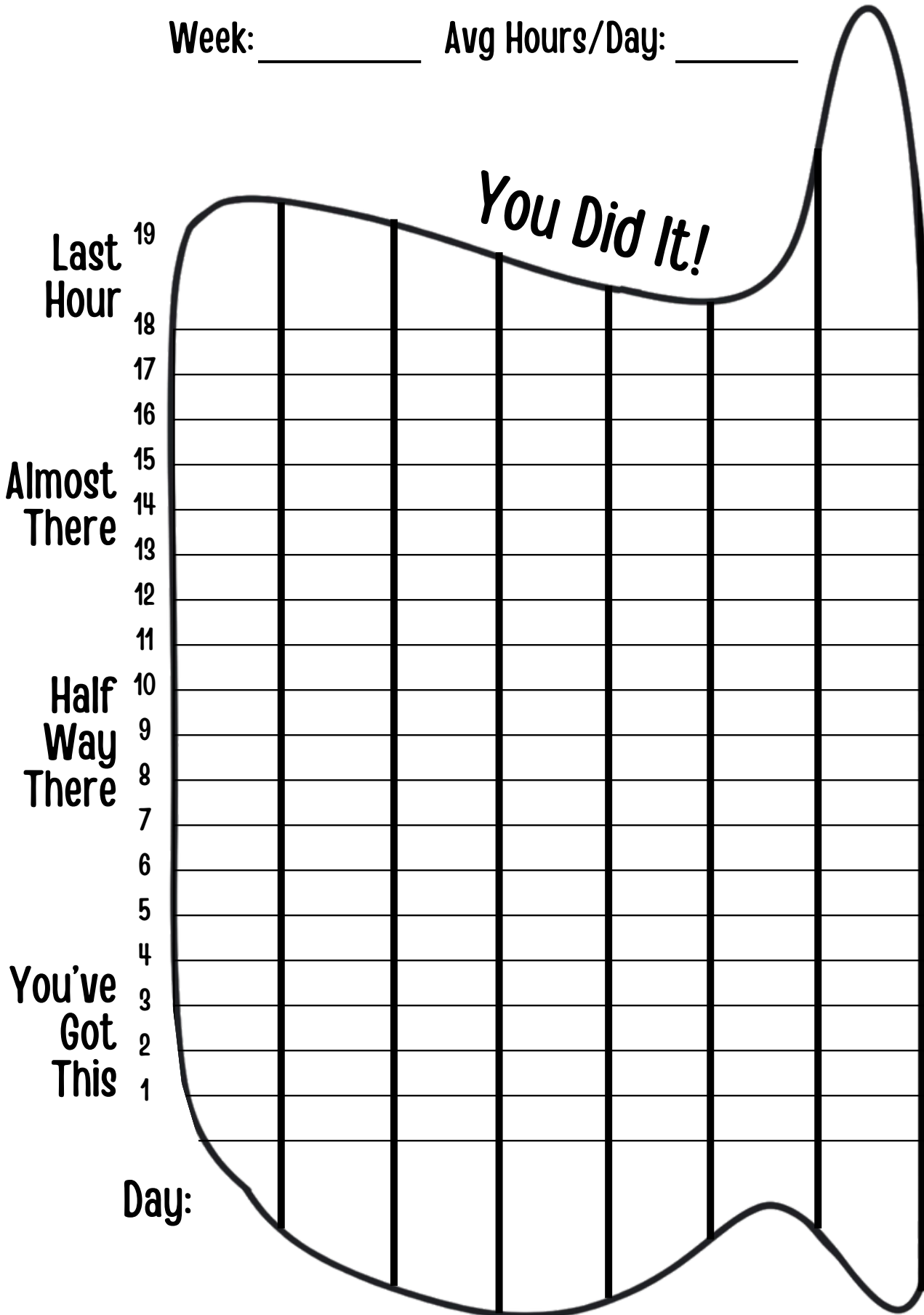
# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



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Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

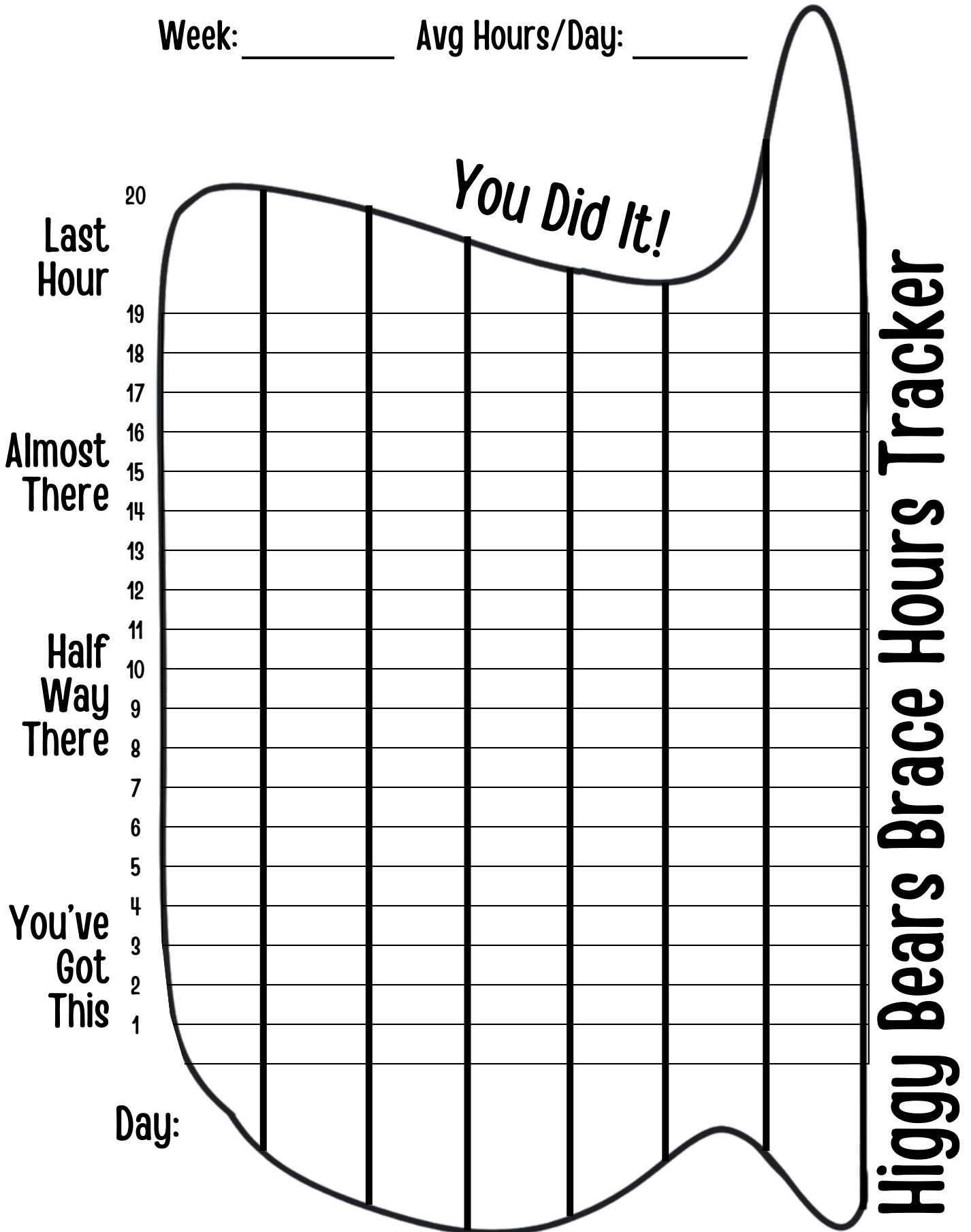


**Higgly Bears Brace Hours Tracker**

# Weekly Brace Hours

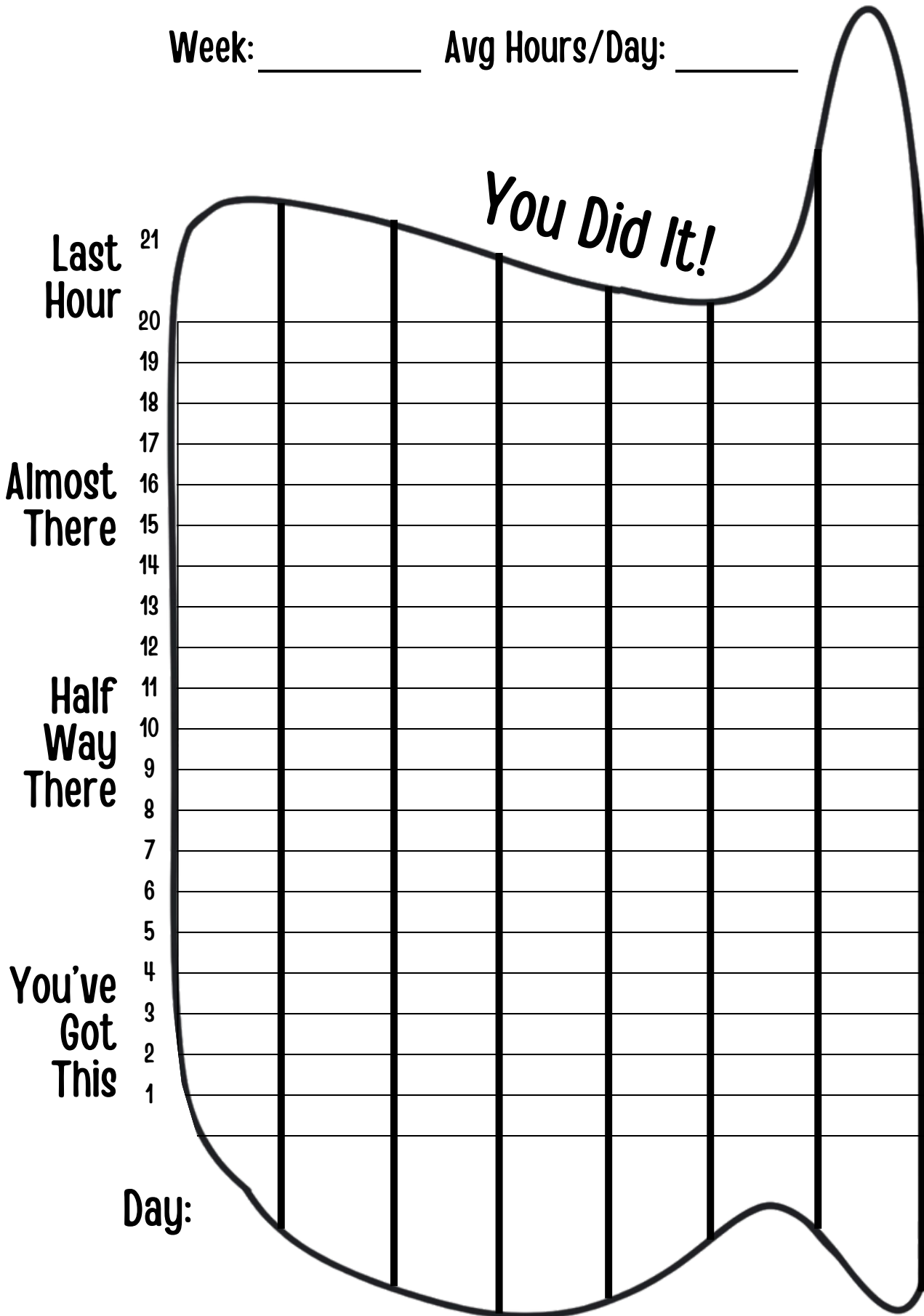
20

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



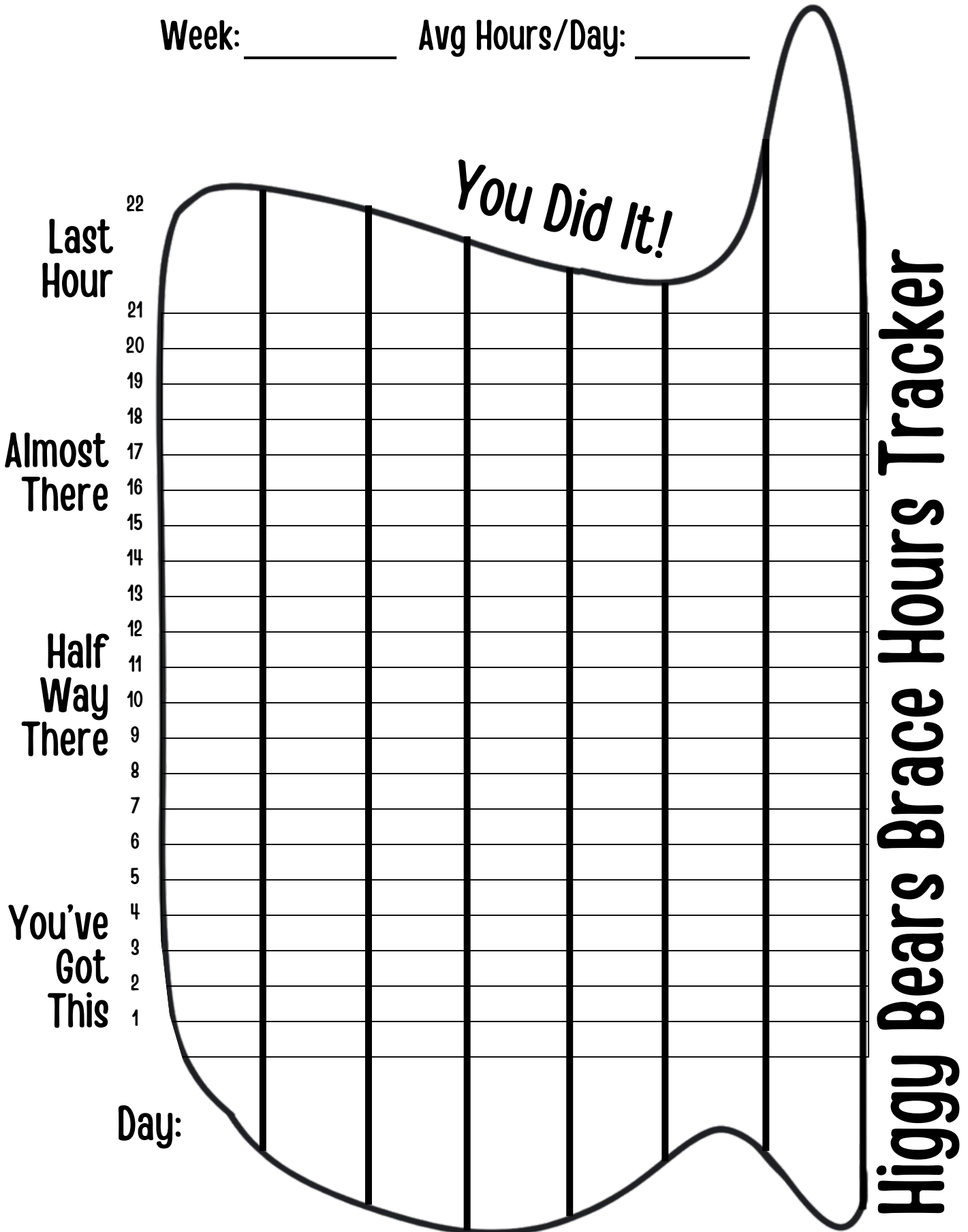
**Higgly Bears Brace Hours Tracker**



# Weekly Brace Hours

22

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_



# Weekly Brace Hours

23

Week: \_\_\_\_\_ Avg Hours/Day: \_\_\_\_\_

