

Monday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Tuesday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Wednesday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Thursday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Friday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Saturday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)

Sunday Schedule

Goal: _____

	WEAR	ACTIVITY	BREAK		WEAR	ACTIVITY	BREAK		WEAR	BREAK
6:00				2:00				10:00		
6:30				2:30				10:30		
7:00				3:00				11:00		
7:30				3:30				11:30		
8:00				4:00				MIDNIGHT		
8:30				4:30				12:30		
9:00				5:00				1:00		
9:30				5:30				1:30		
10:00				6:00				2:00		
10:30				6:30				2:30		
11:00				7:00				3:00		
11:30				7:30				3:30		
NOON				8:00				4:00		
12:30				8:30				4:30		
1:00				9:00				5:00		
1:30				9:30				5:30		

Brace Free Activities (Dance/Sports)
