

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!

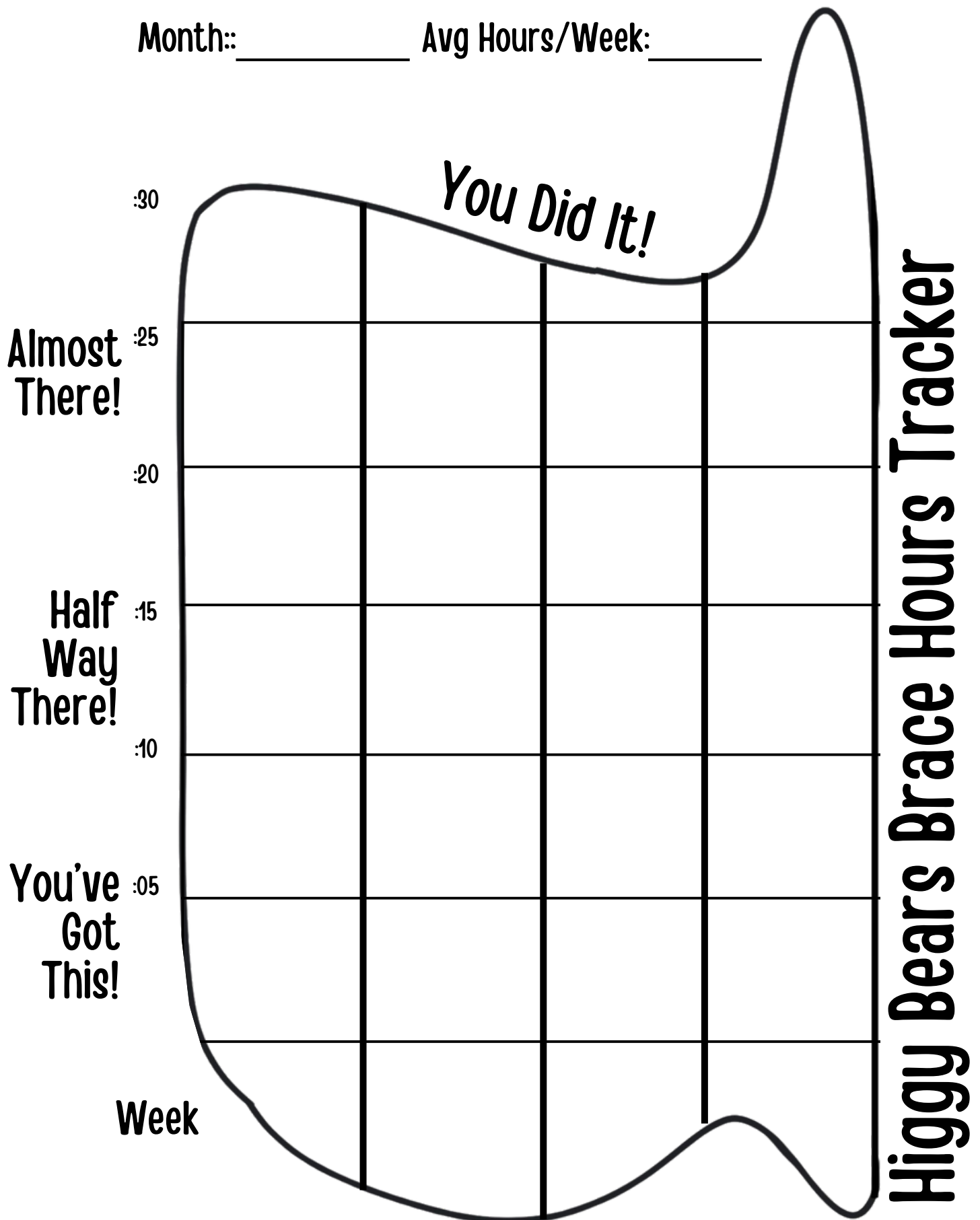
At the end of the month, total up your hours and divide them by the number of weeks in the month. This is your monthly average. Transfer this total to your 6 month and 12 month charts.

Bent Not Broken

Monthly Brace Hours

:30

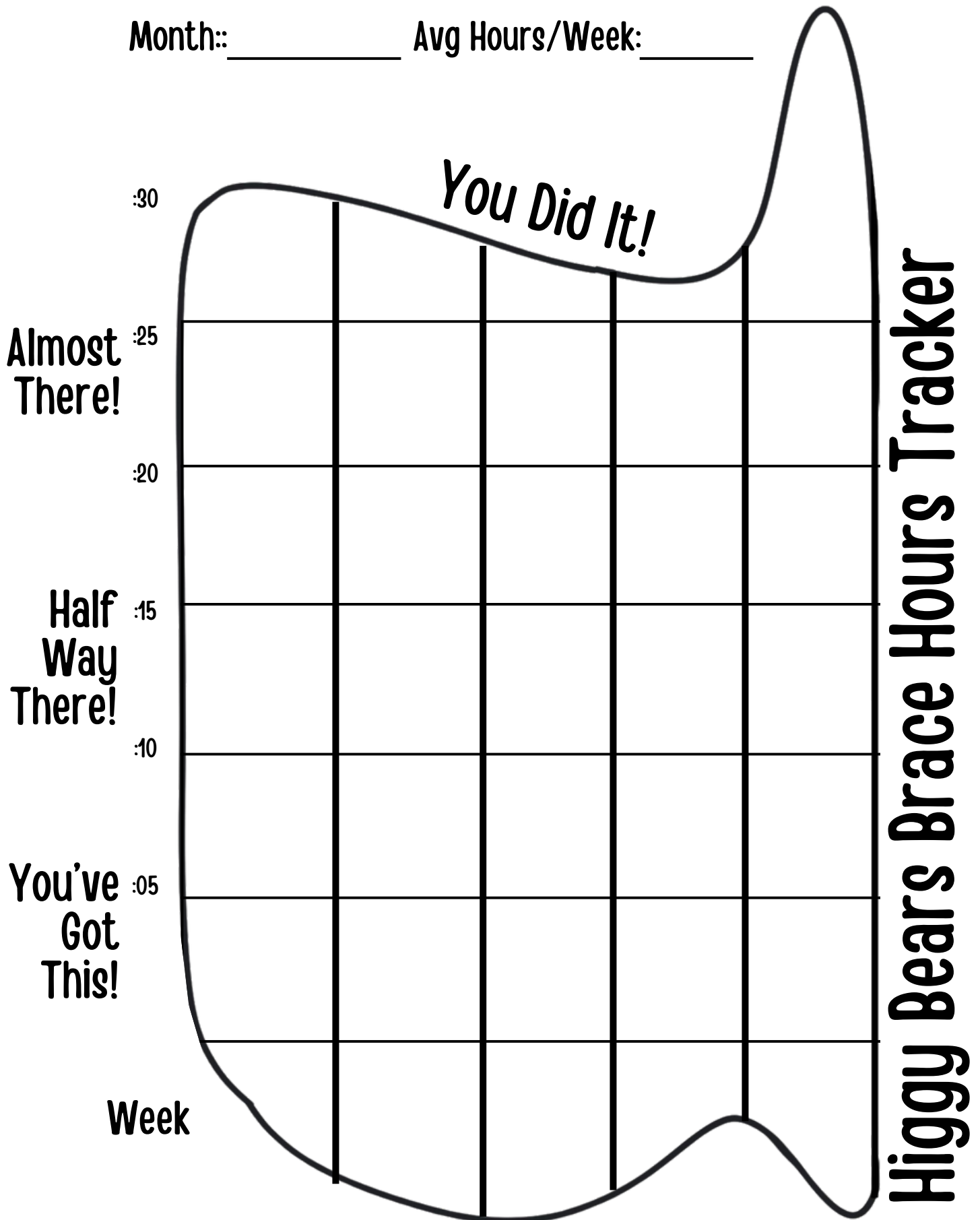
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

:30

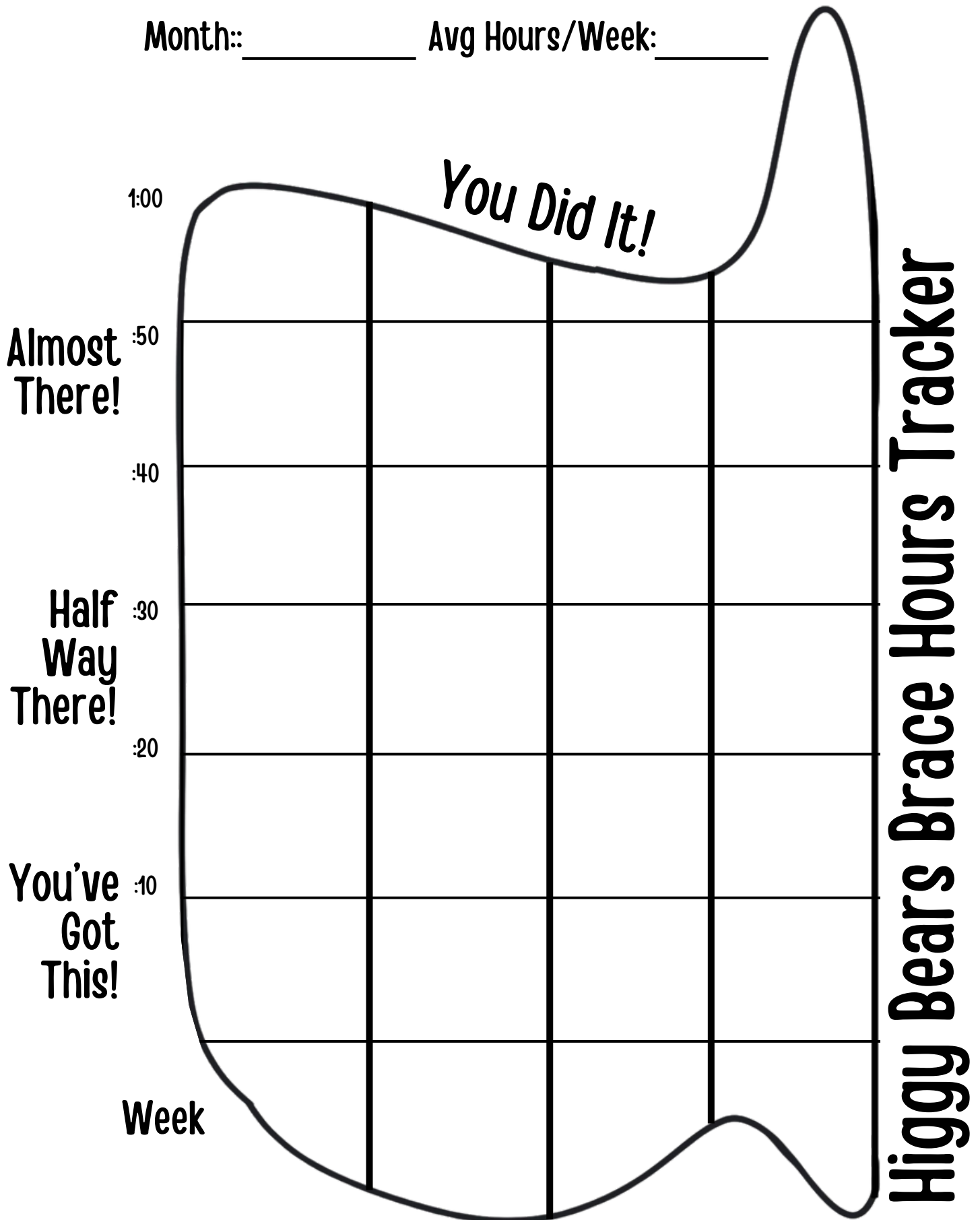
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

1:00

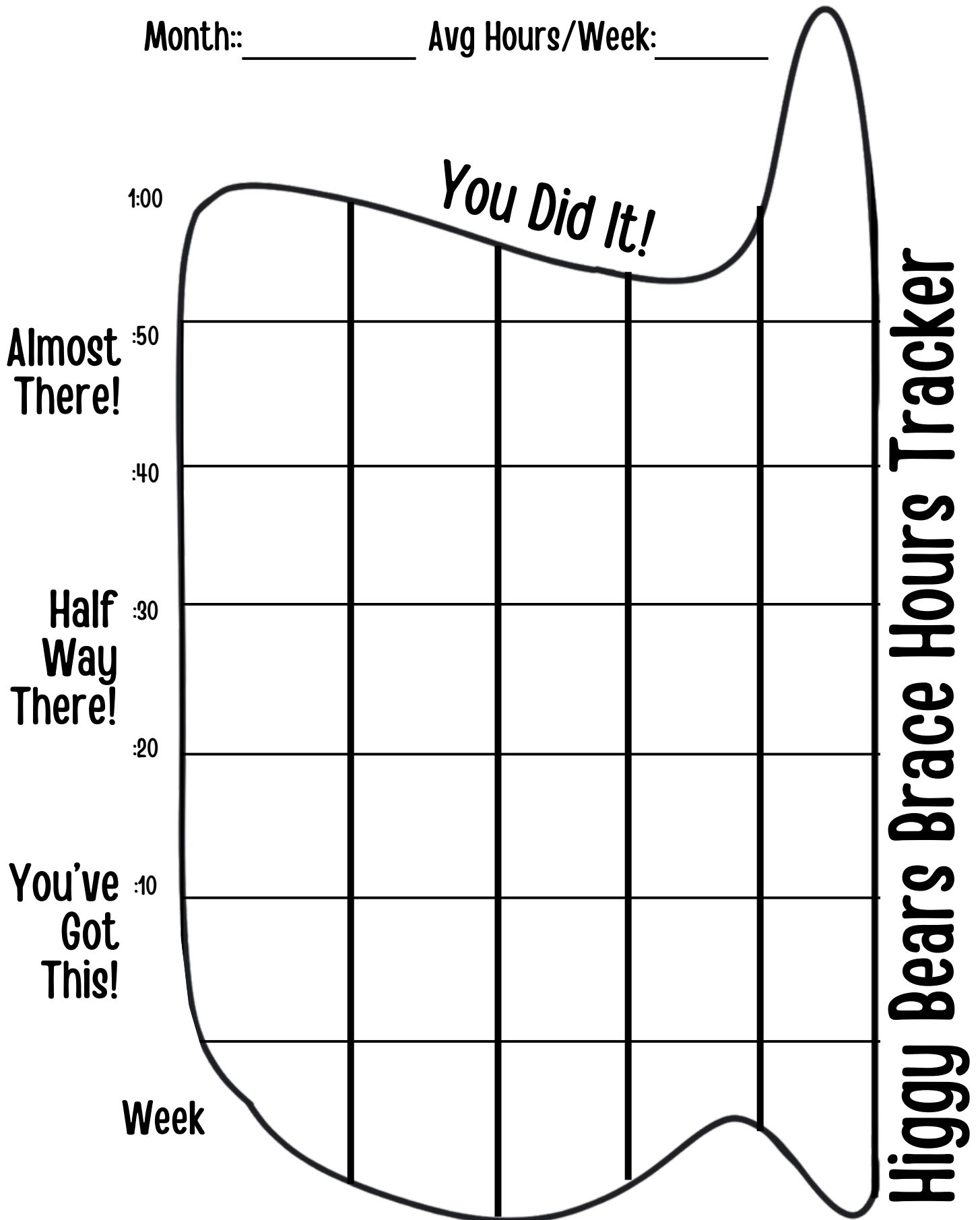
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

1:00

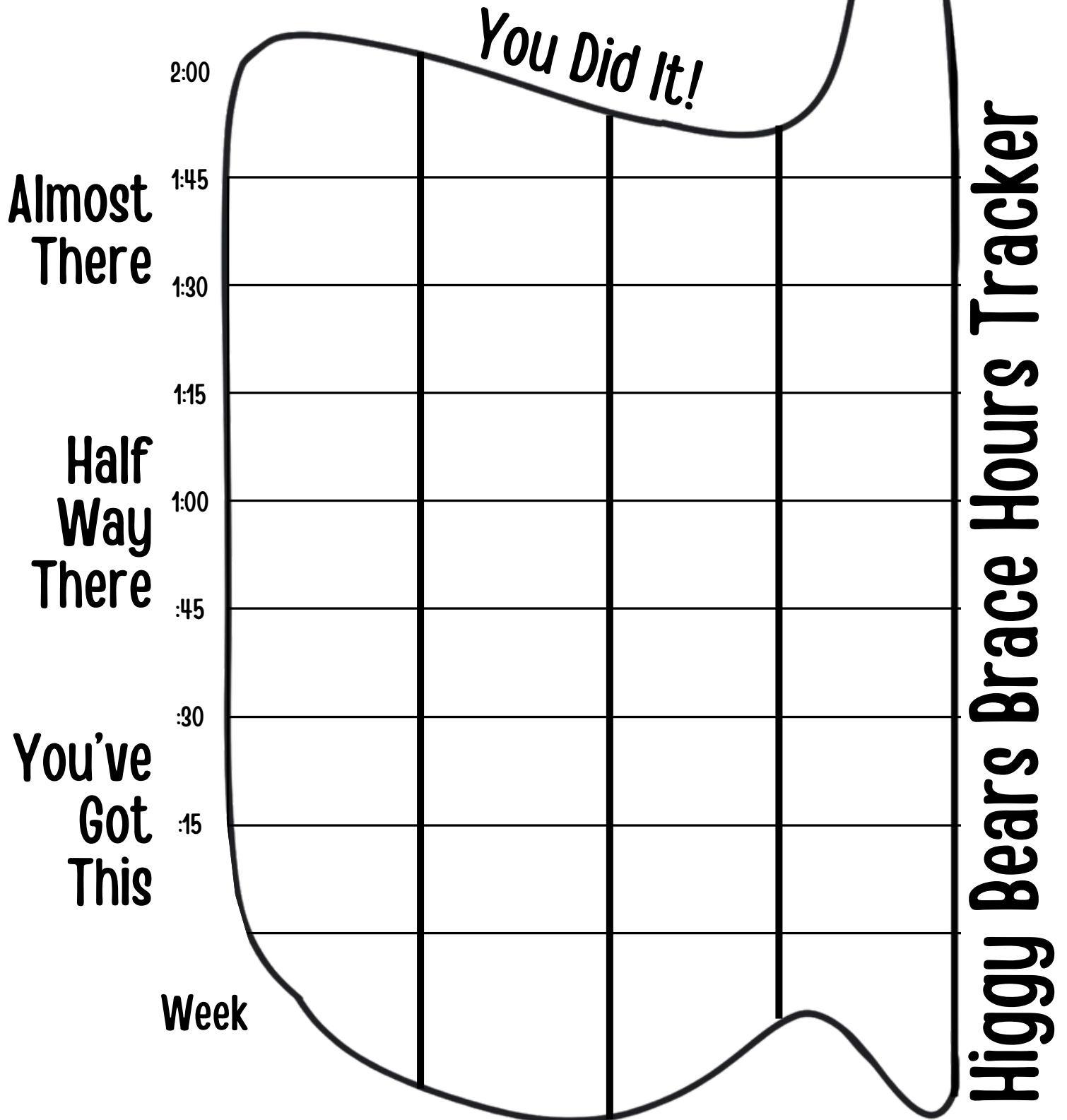
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

2

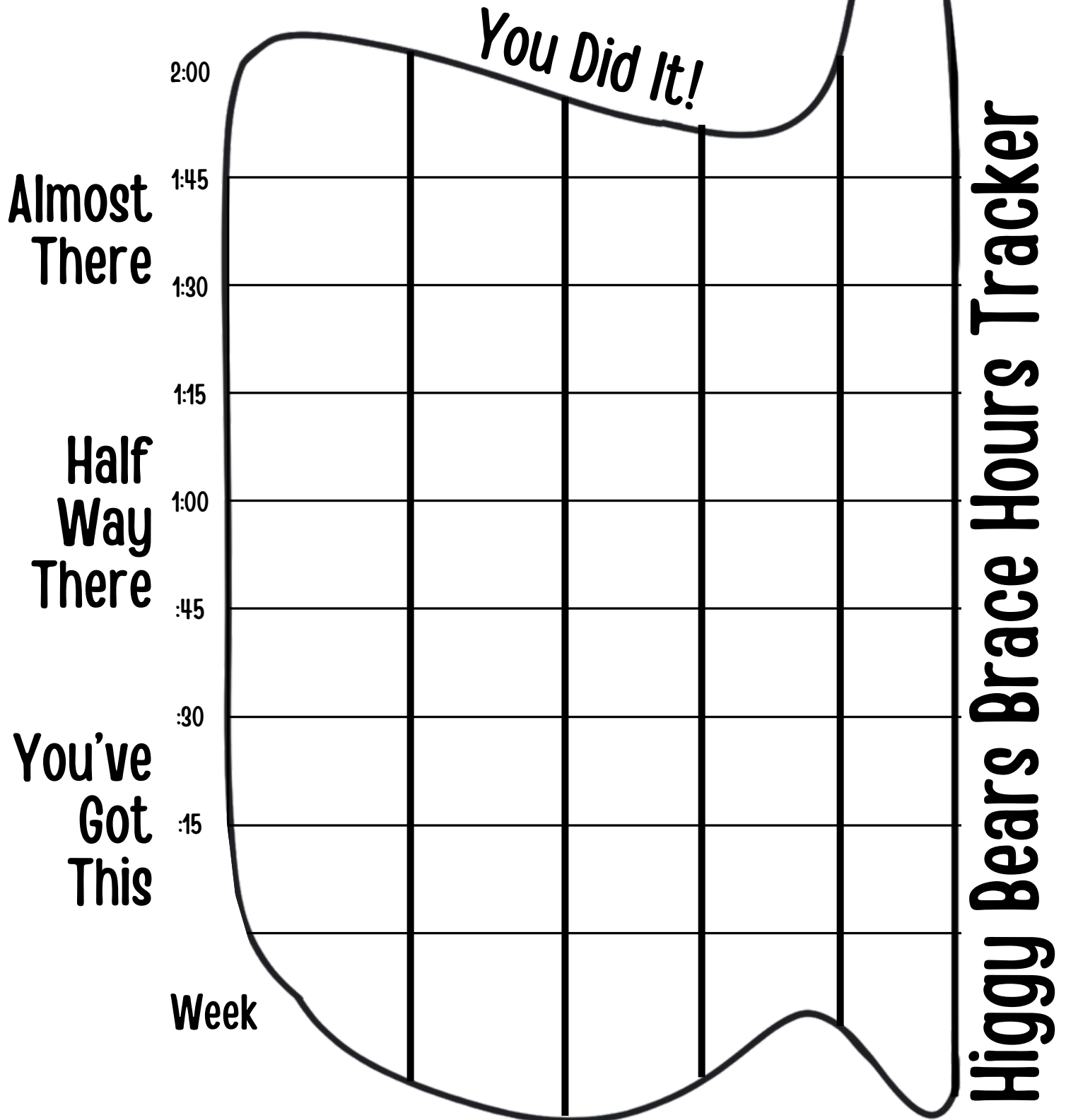
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

2

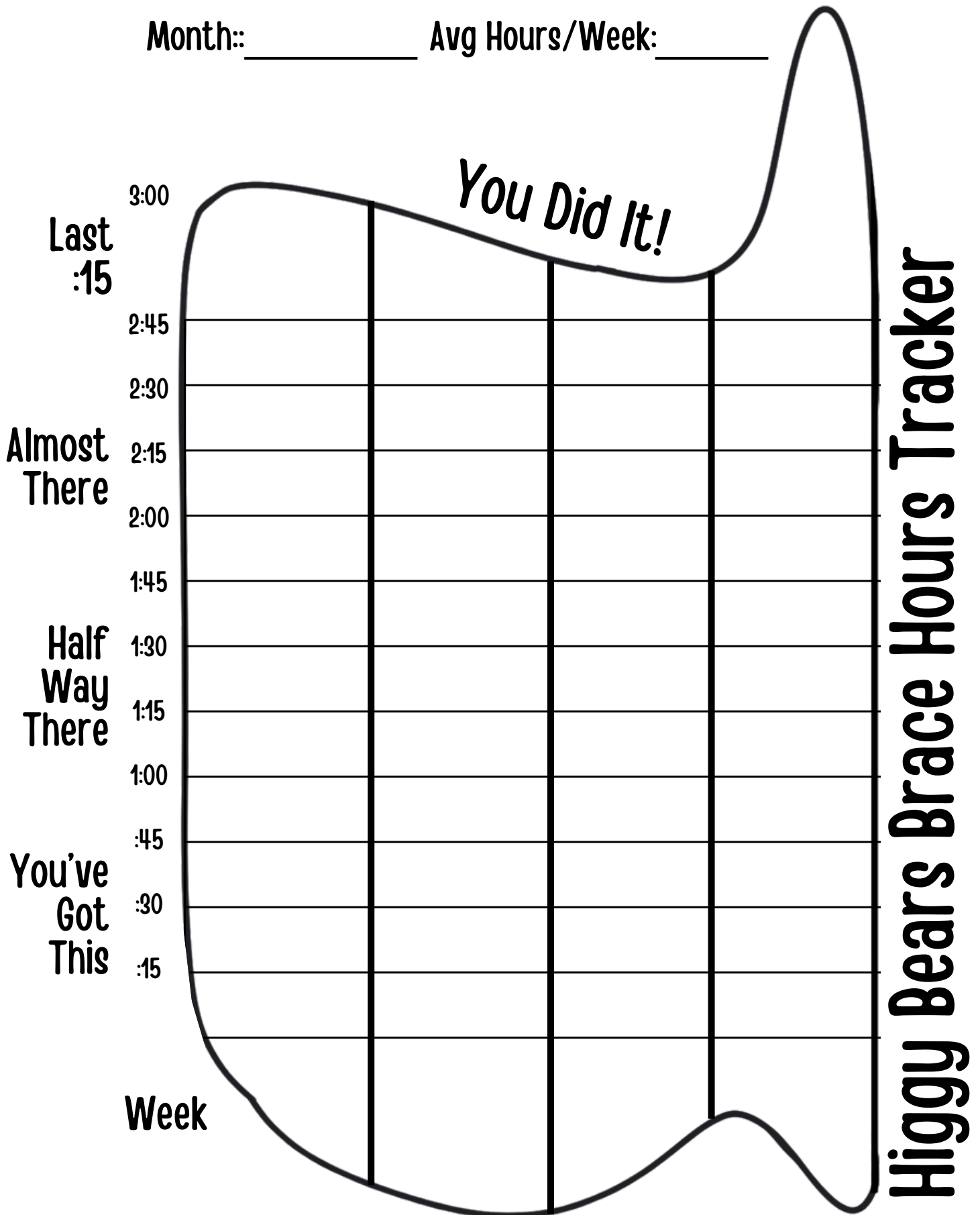
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

3

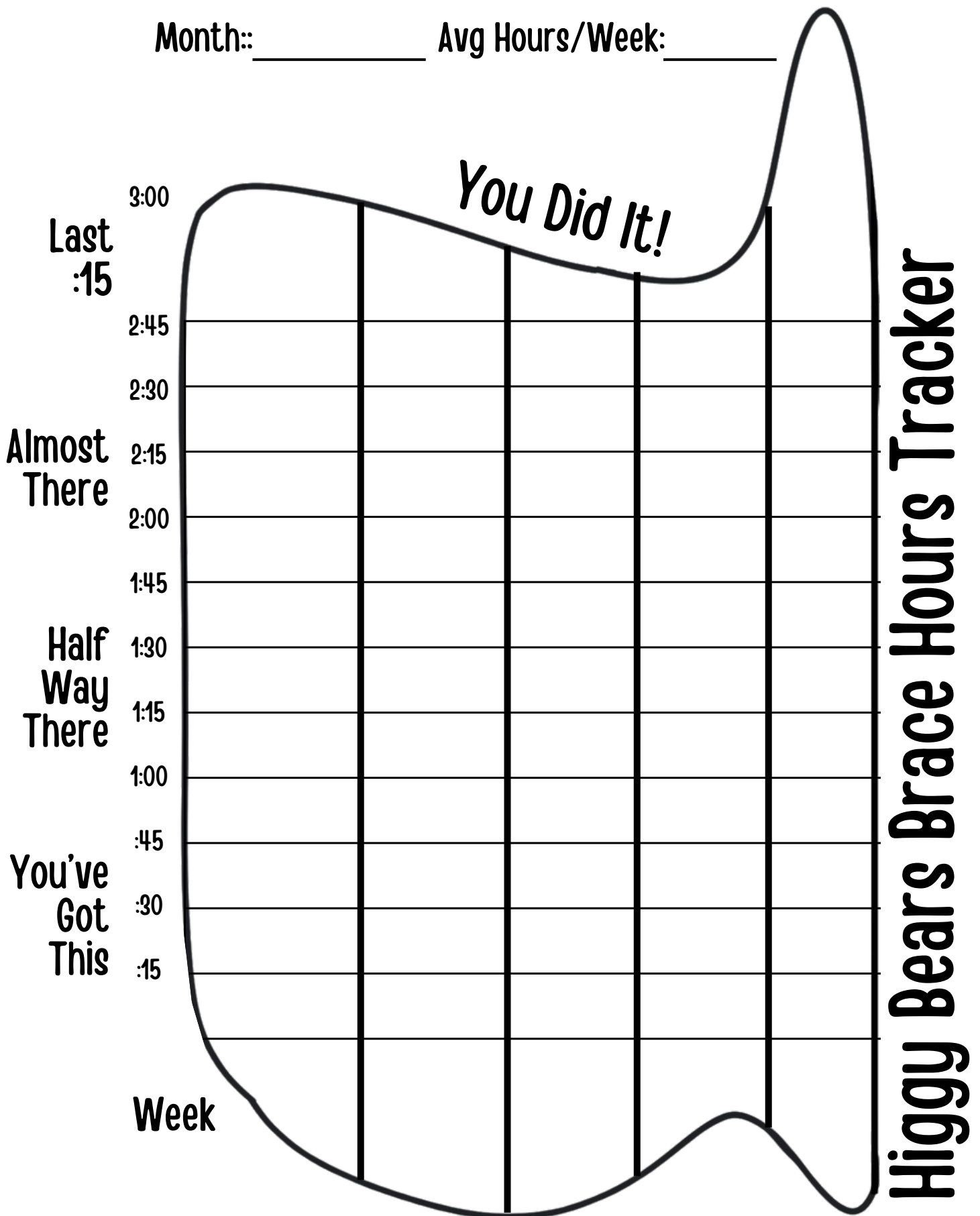
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

3

Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

4

Month: _____ Avg Hours/Week: _____

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

Week

Higgly Bears Brace Hours Tracker

Monthly Brace Hours

4

Month:: _____ Avg Hours/Week: _____

You Did It!

Higgly Bears Brace Hours Tracker

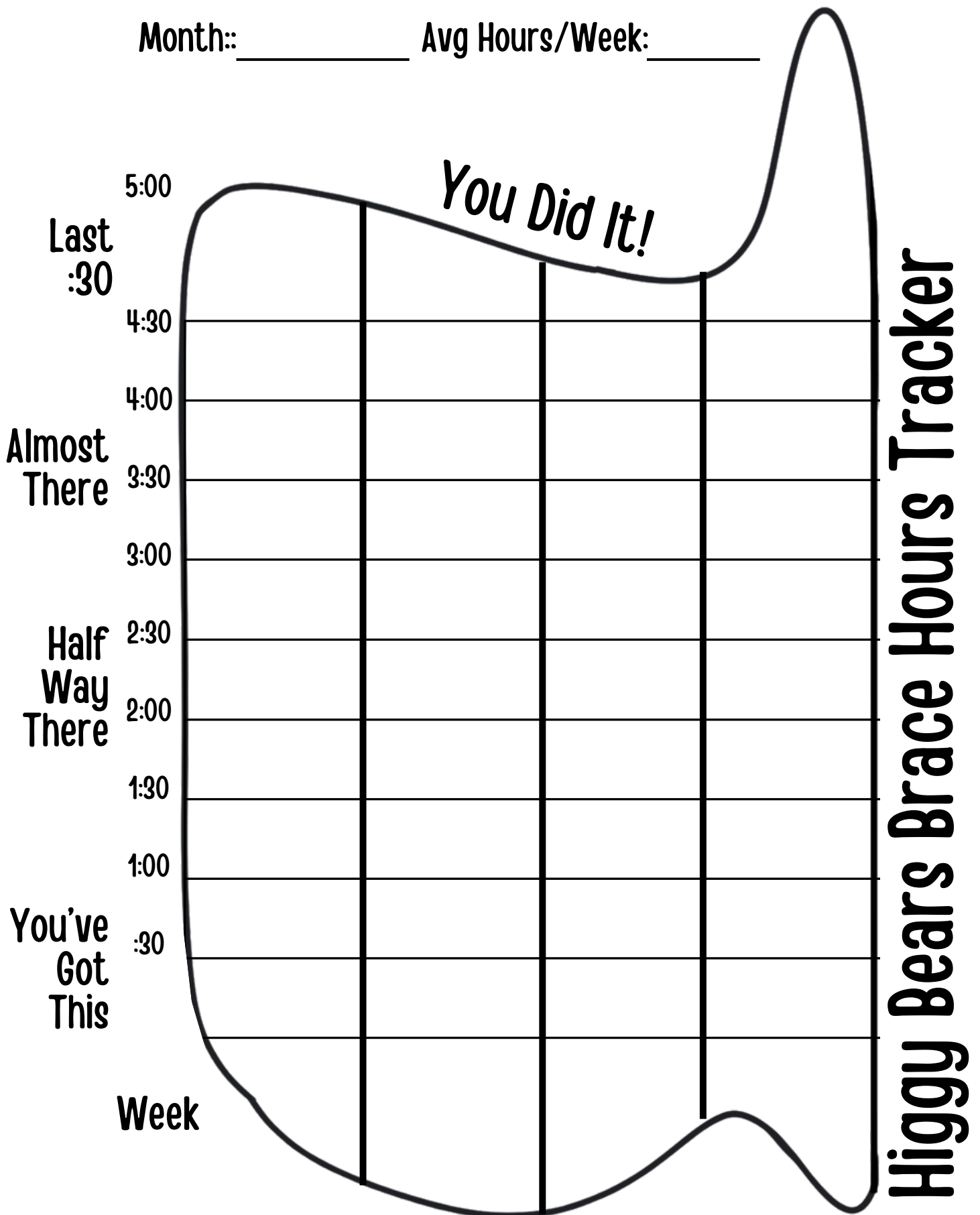
Last
:15
4:00
3:45
3:30
3:15
Almost
There
3:00
2:45
2:30
2:15
Half
Way
There
2:00
1:45
1:30
1:15
1:00
You've
Got
This
:45
:30
:15

Week

Monthly Brace Hours

5

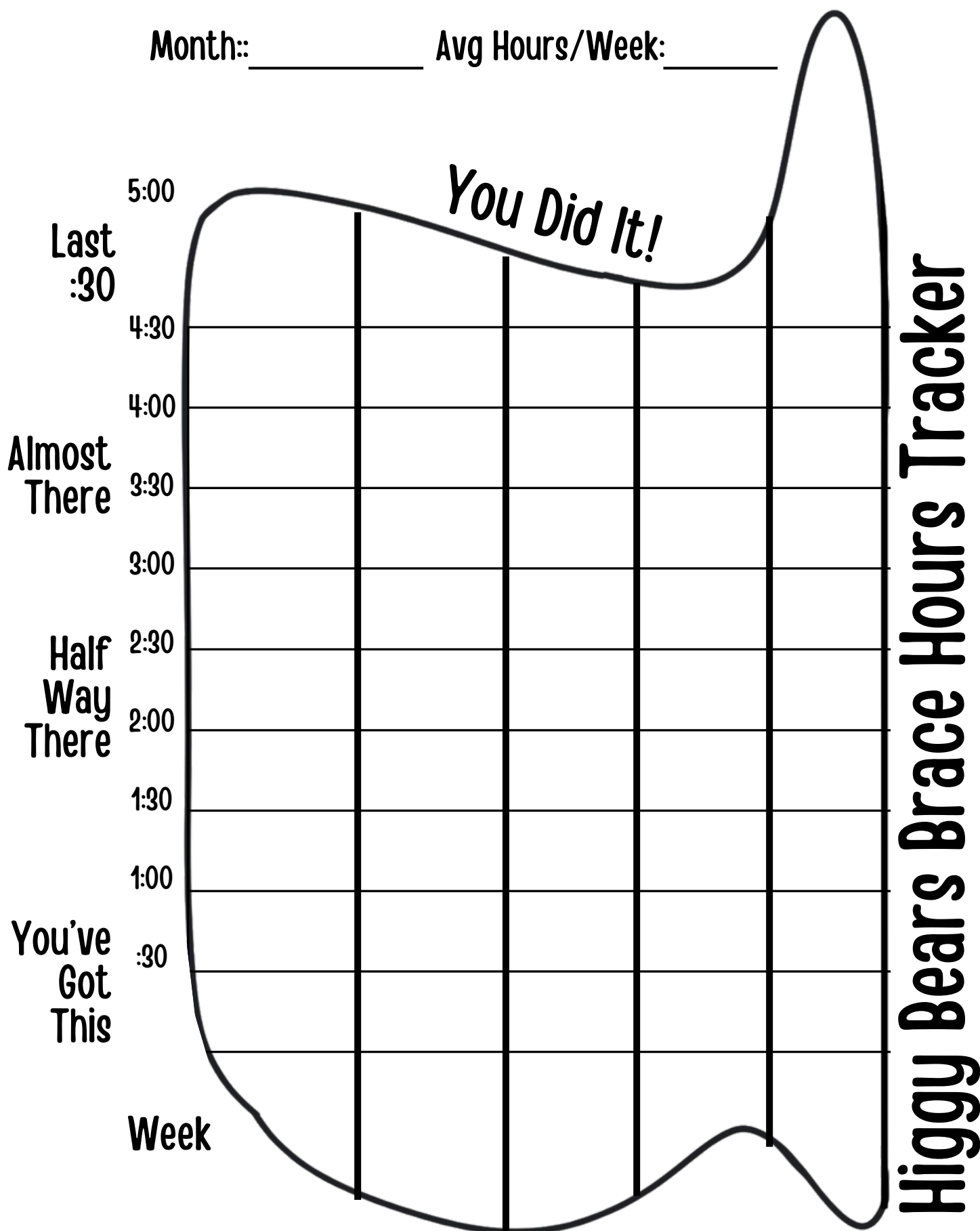
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

5

Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

6

Month:: _____ Avg Hours/Week: _____

You Did It!

Last
Hour!

6

Almost
There

5

4

Half
Way
There!

3

2

You've
Got
This

1

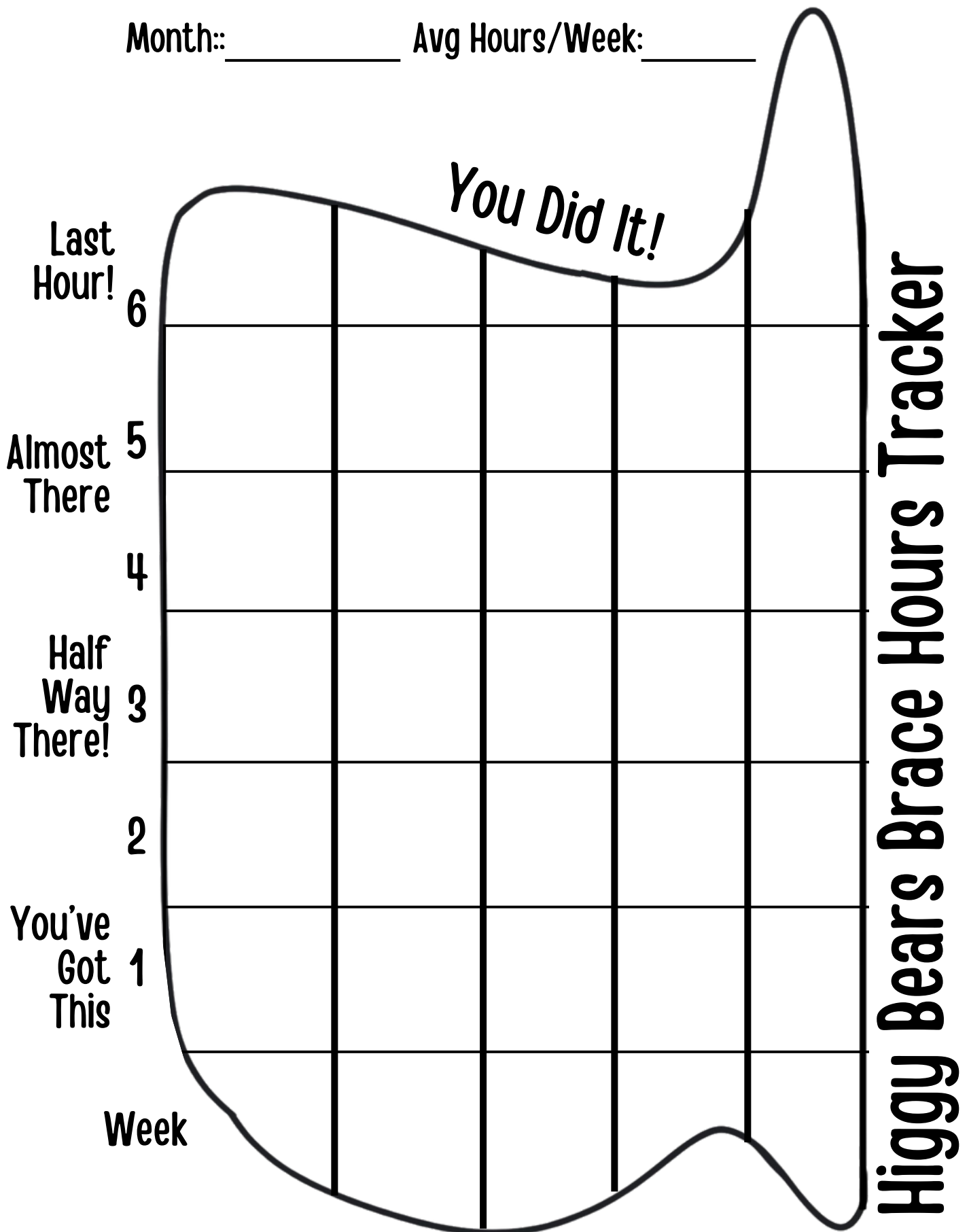
Week

Higgly Bears Brace Hours Tracker

Monthly Brace Hours

6

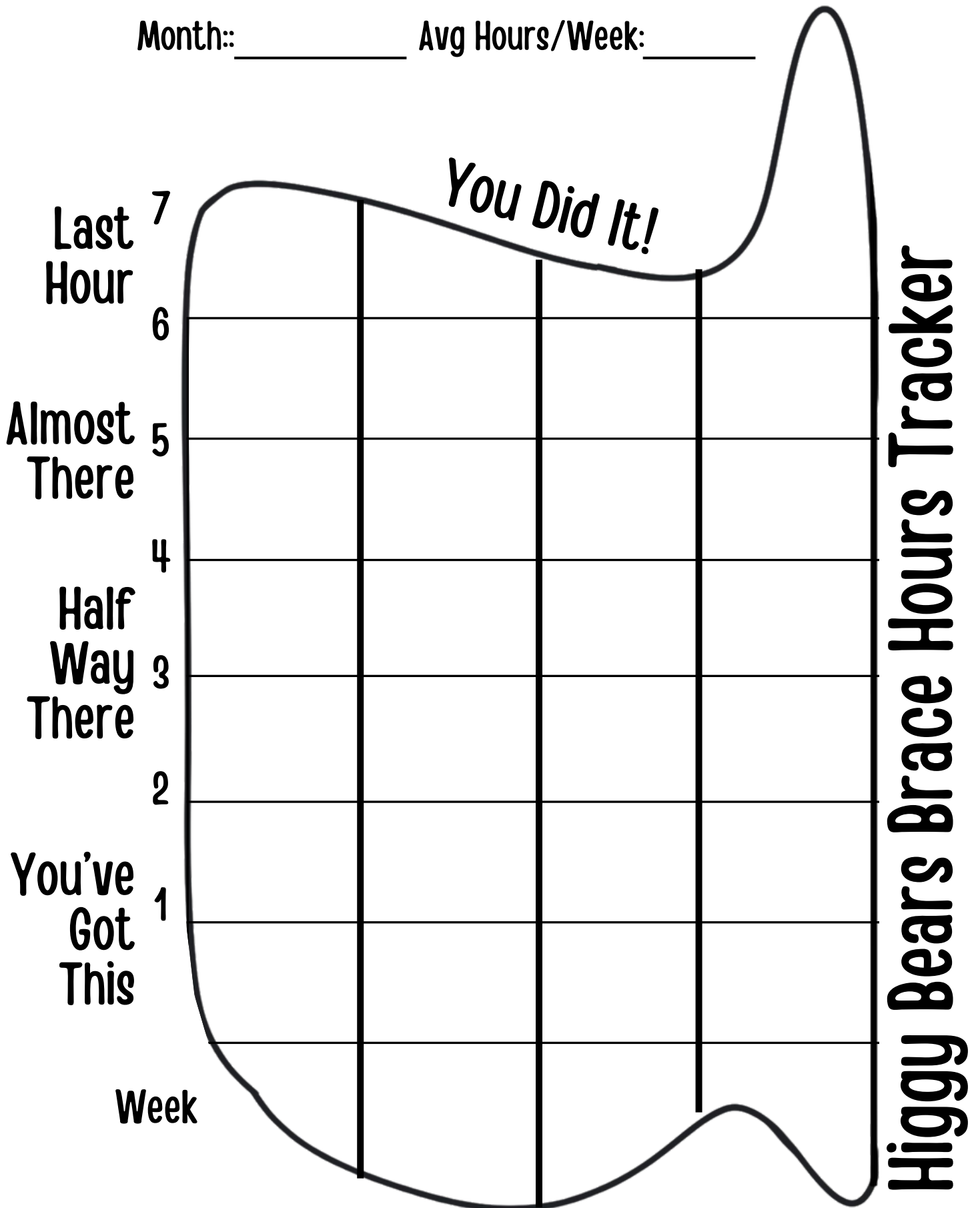
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

7

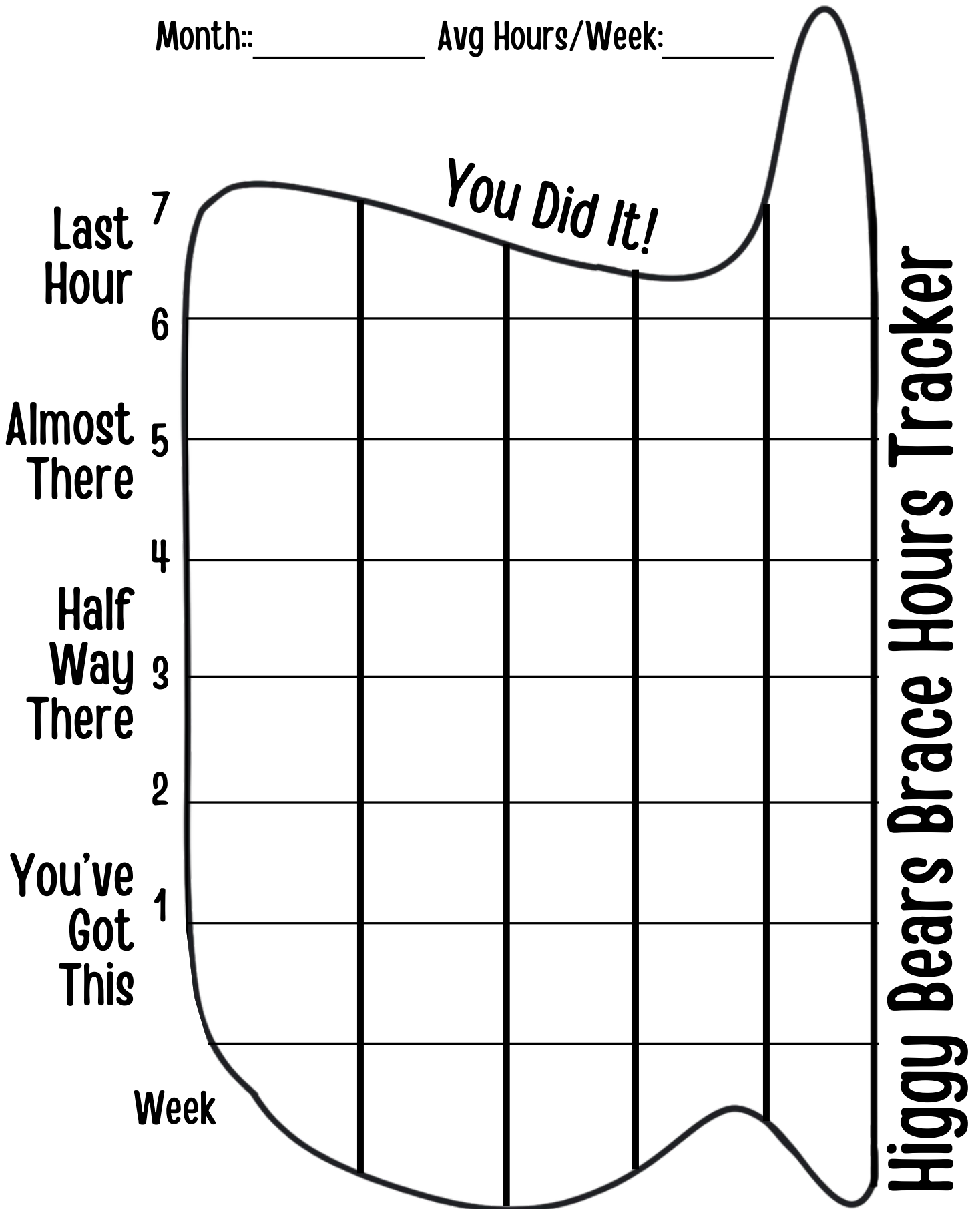
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

7

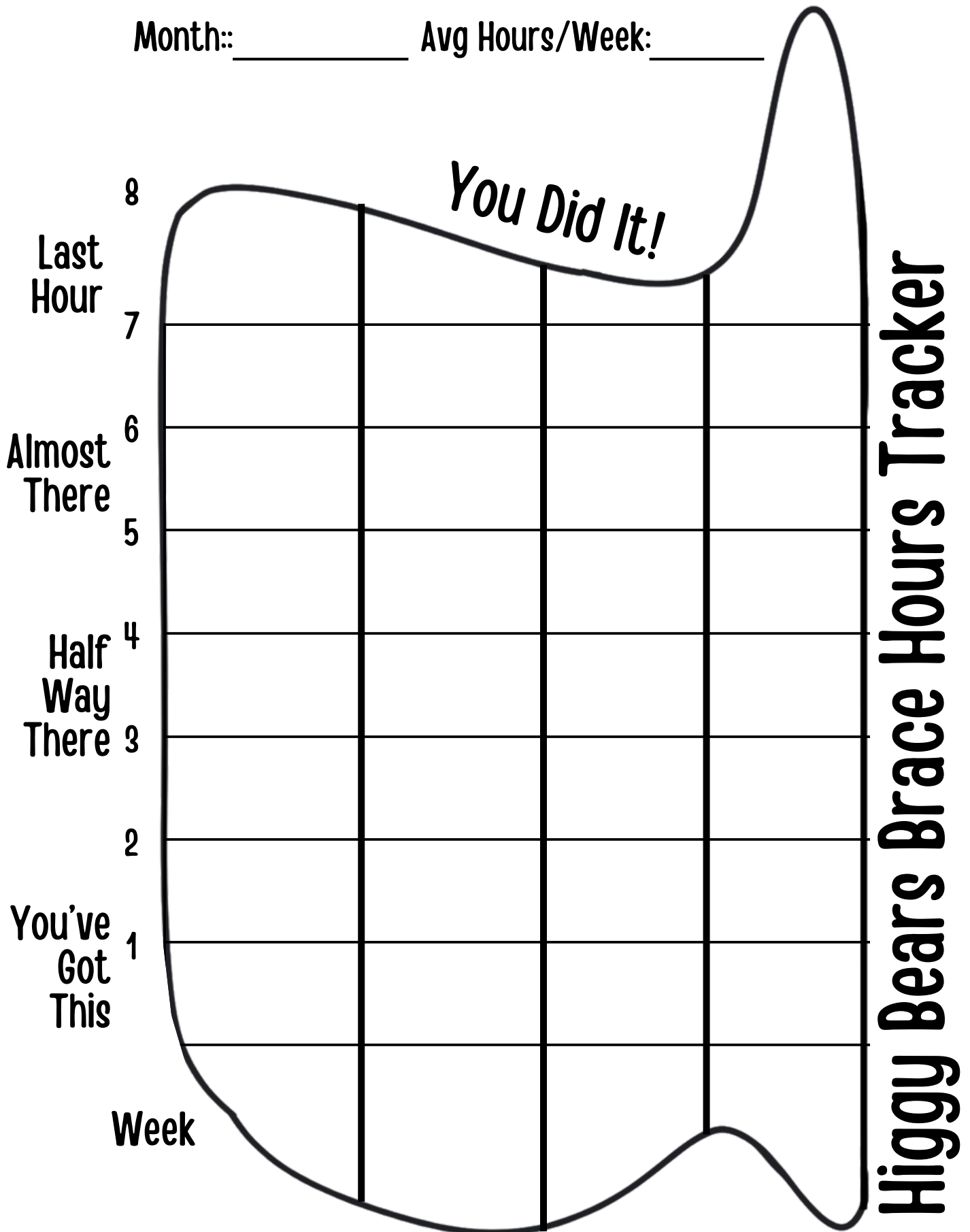
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

8

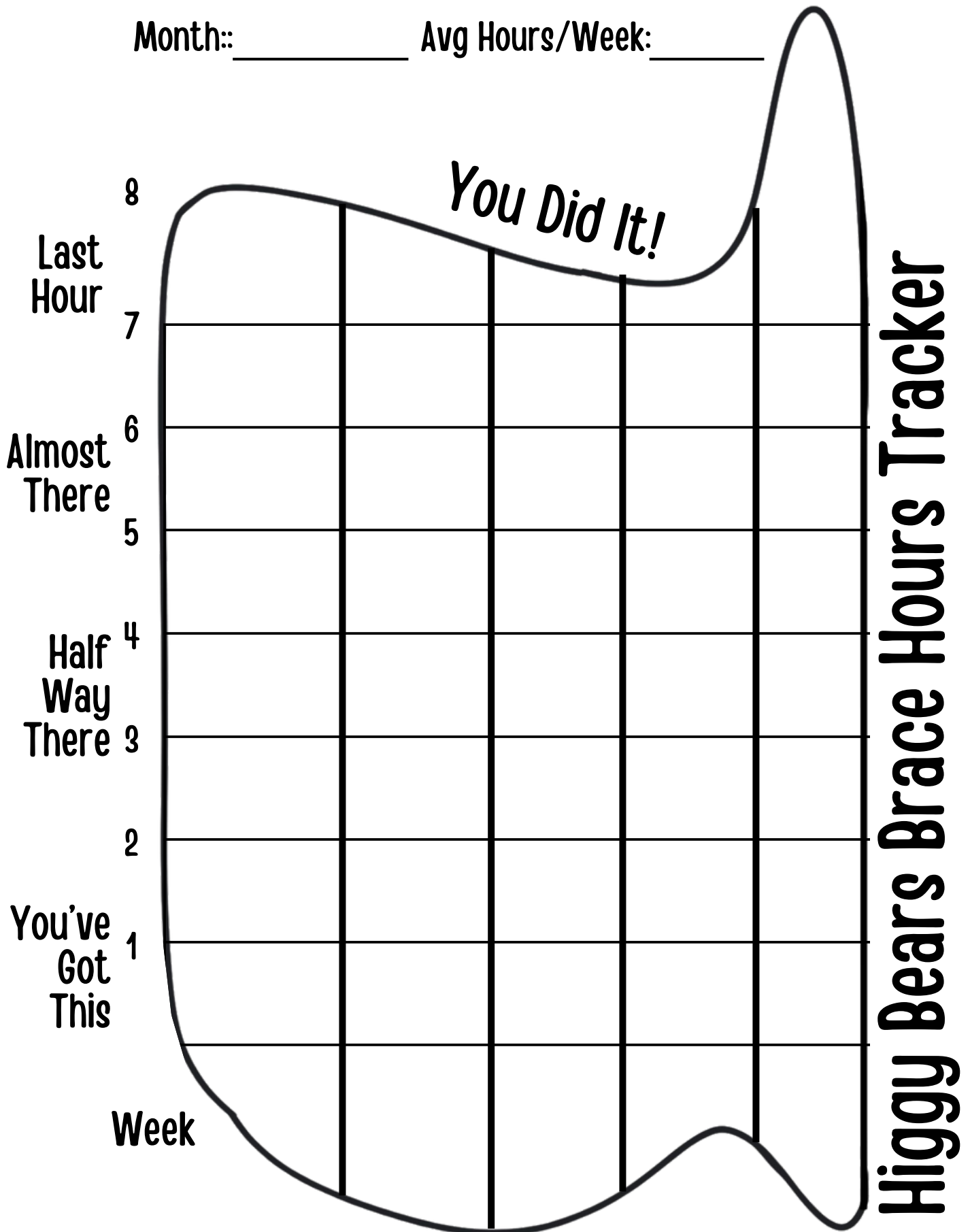
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

8

Month: _____ Avg Hours/Week: _____



9

Month: _____ Avg Hours/Week: _____

You Did It!

Last Hour

Almost There

Half Way There

You've Got This

Week

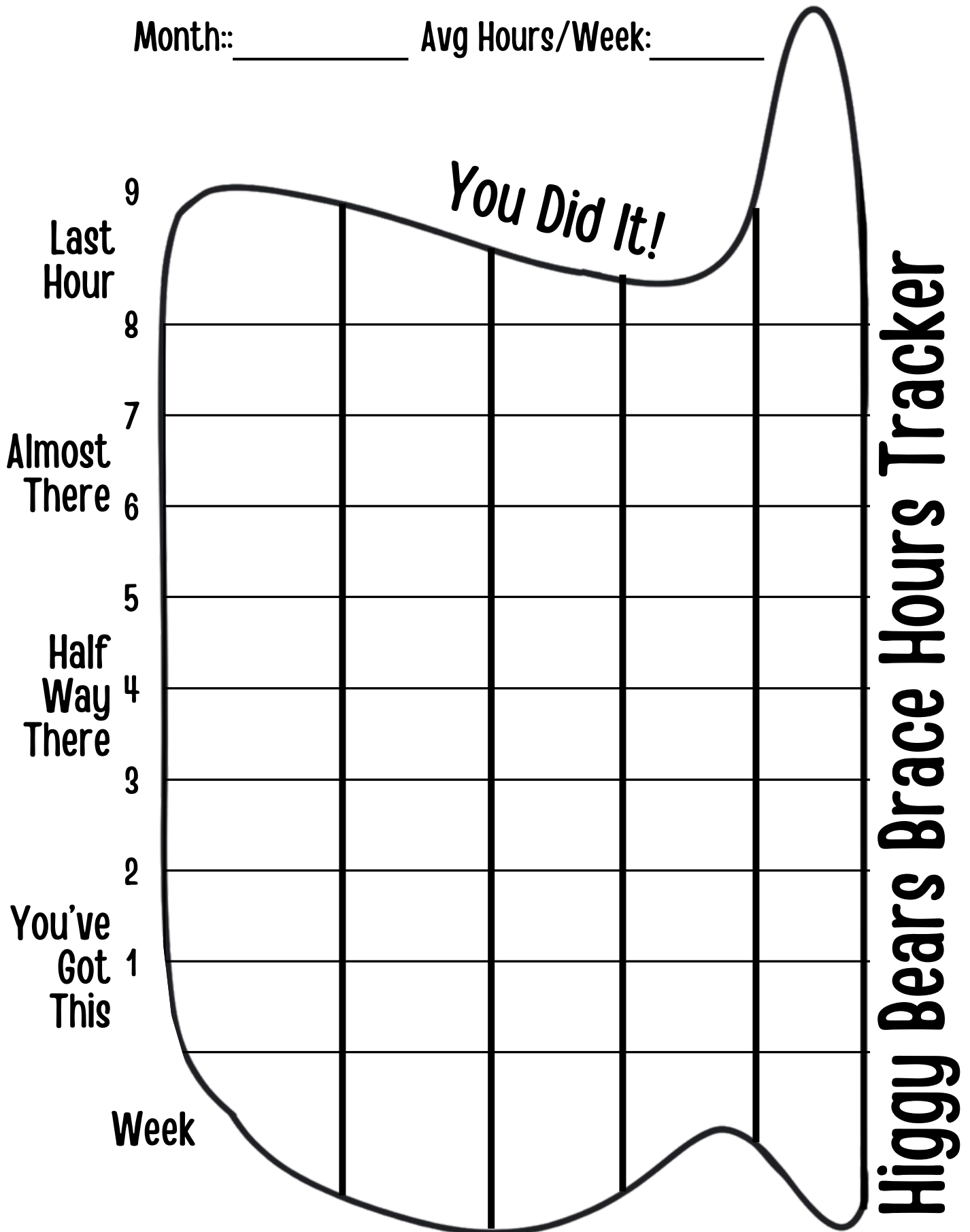
Higgly Bears Brace Hours Tracker

Higgy Bears Brace Hours Tracker

Monthly Brace Hours

9

Month:: _____ Avg Hours/Week: _____



10

Month: _____ Avg Hours/Week: _____

You Did It!

Last Hour

Almost There

Half Way There

You've Got This

Week

Higgly Bears Brace Hours Tracker

Higgŷ Bears Brace Hours Tracker

10

Month: _____ Avg Hours/Week: _____

You Did It!

Last Hour

Almost There

Half Way There

You've Got This

Week

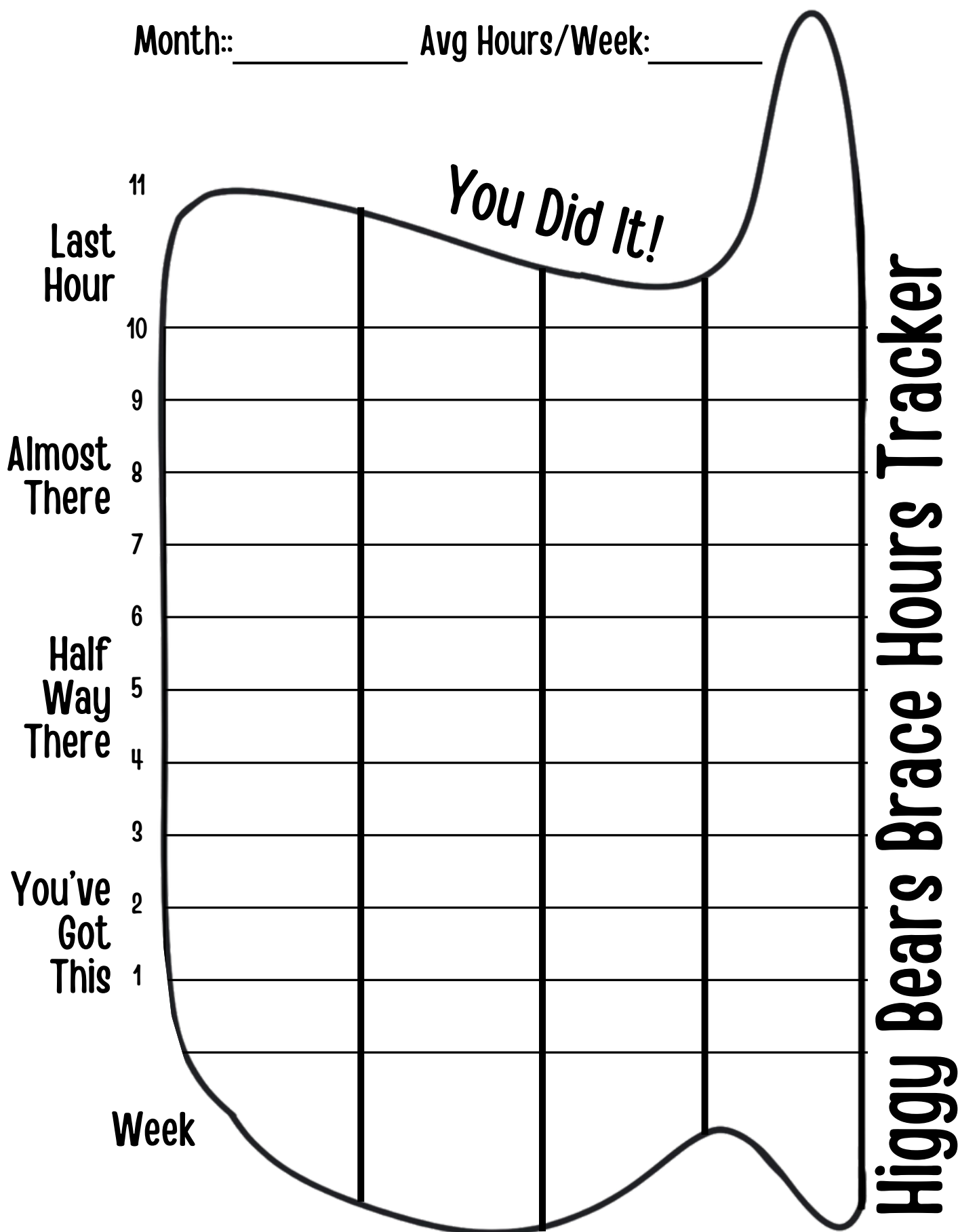
Higgly Bears Brace Hours Tracker

Higgŷ Bears Brace Hours Tracker

Monthly Brace Hours

11

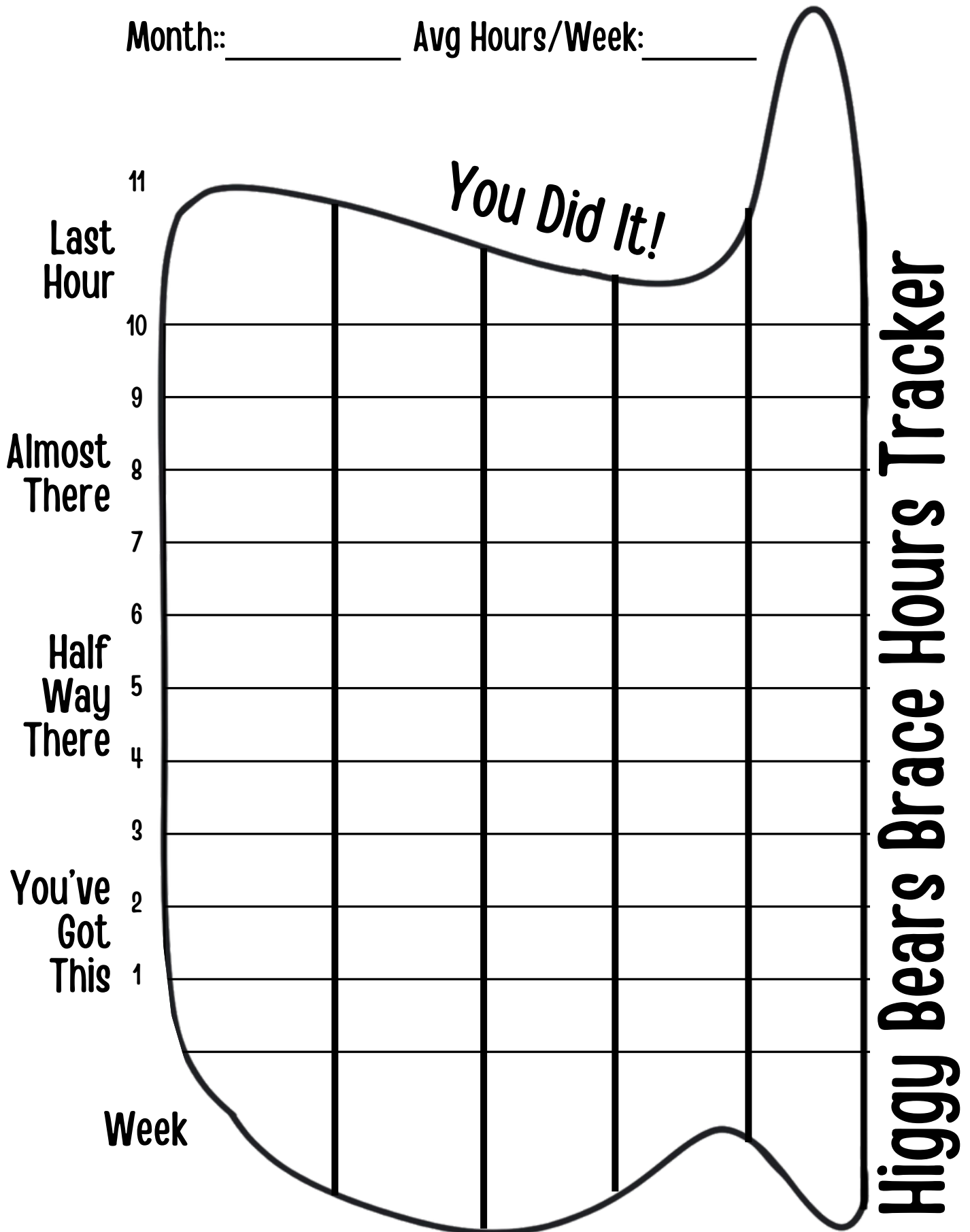
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

11

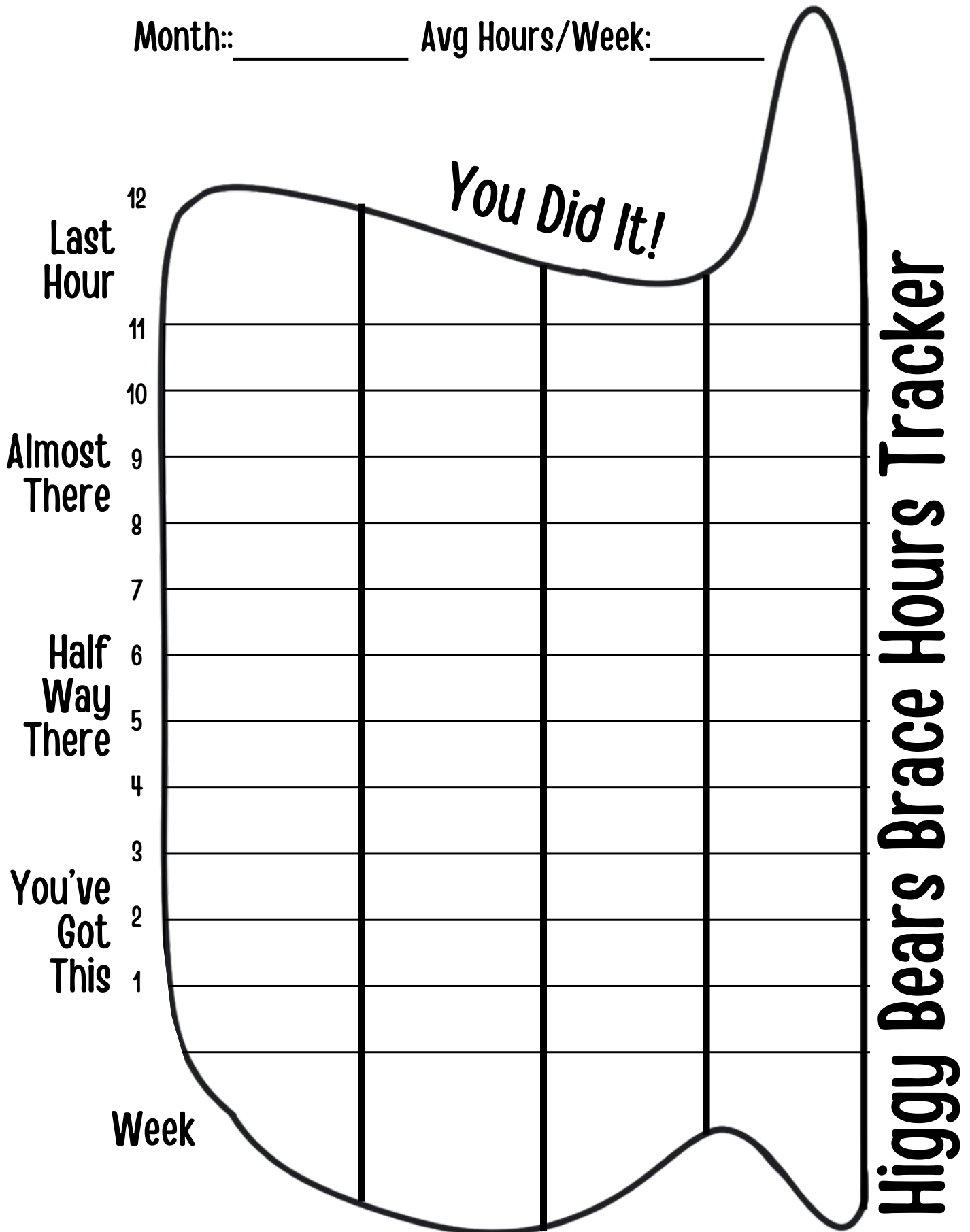
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

12

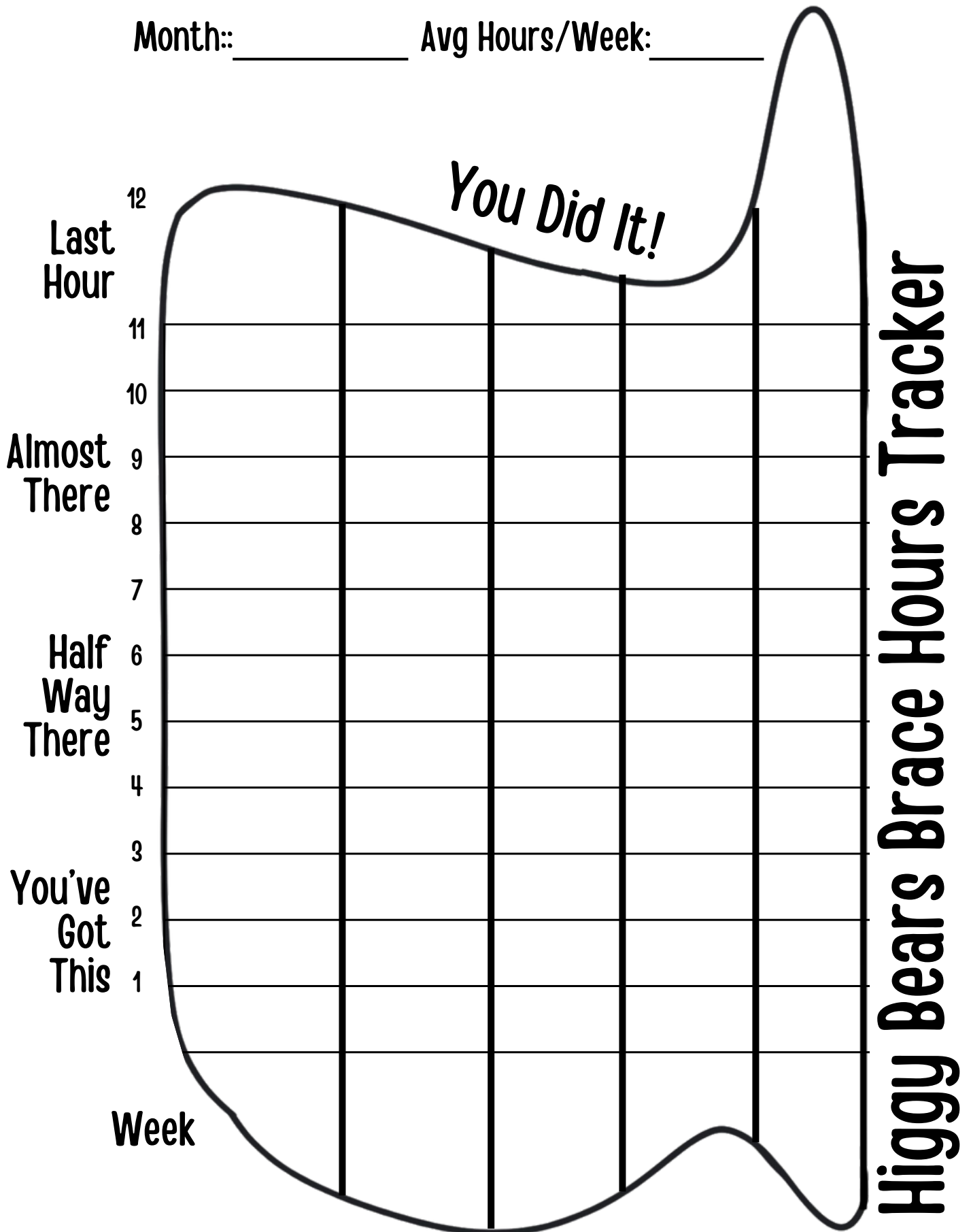
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

12

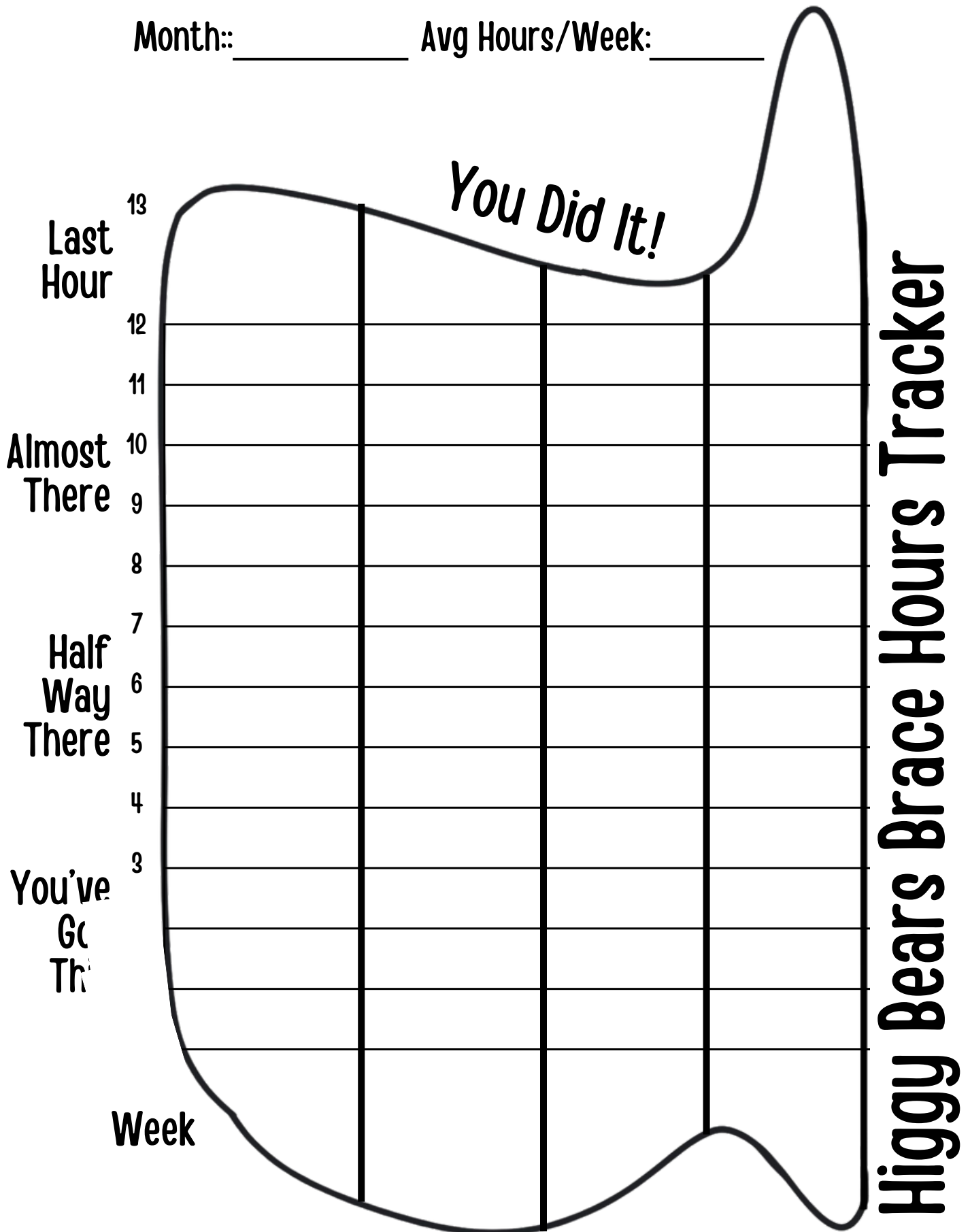
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

13

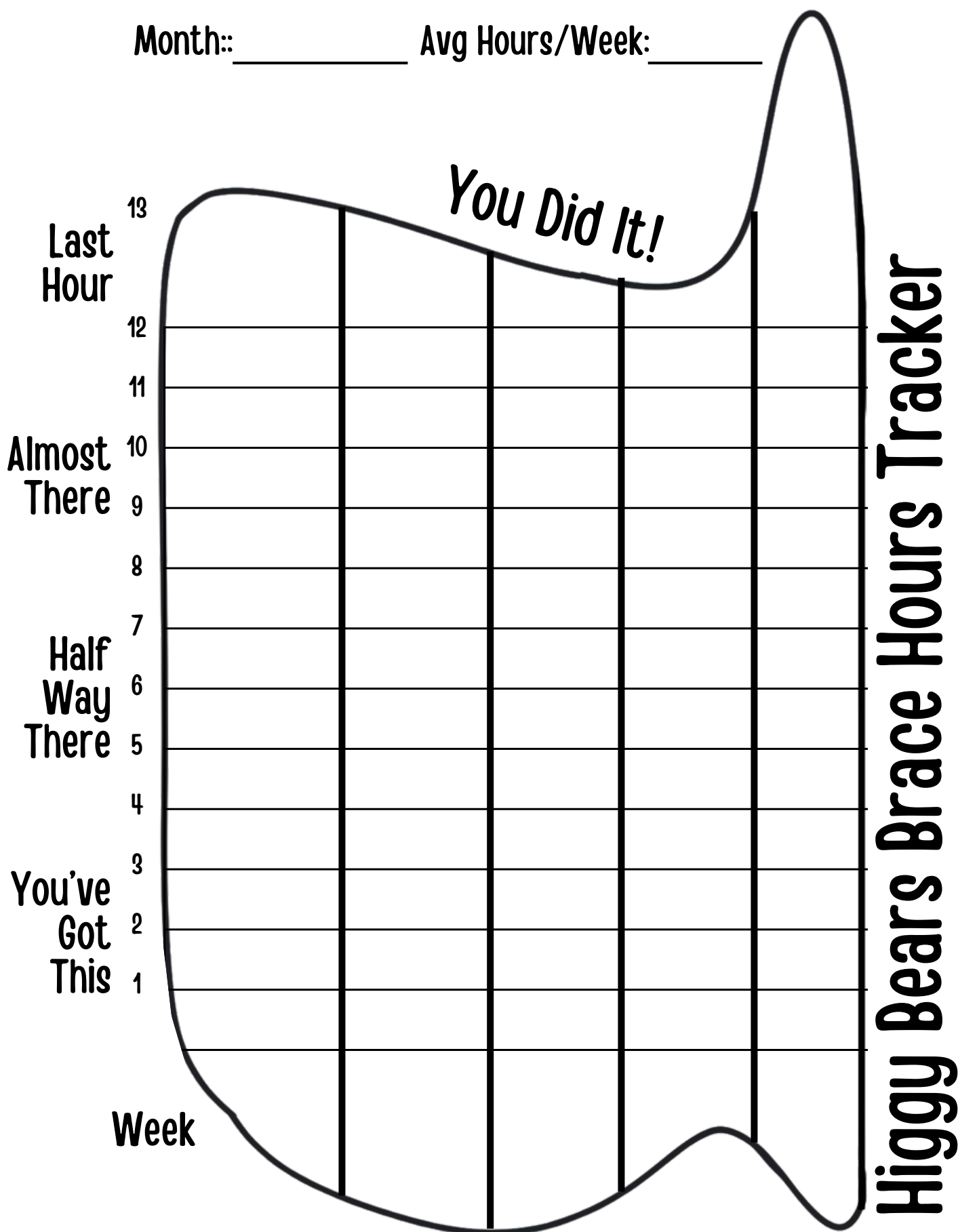
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

13

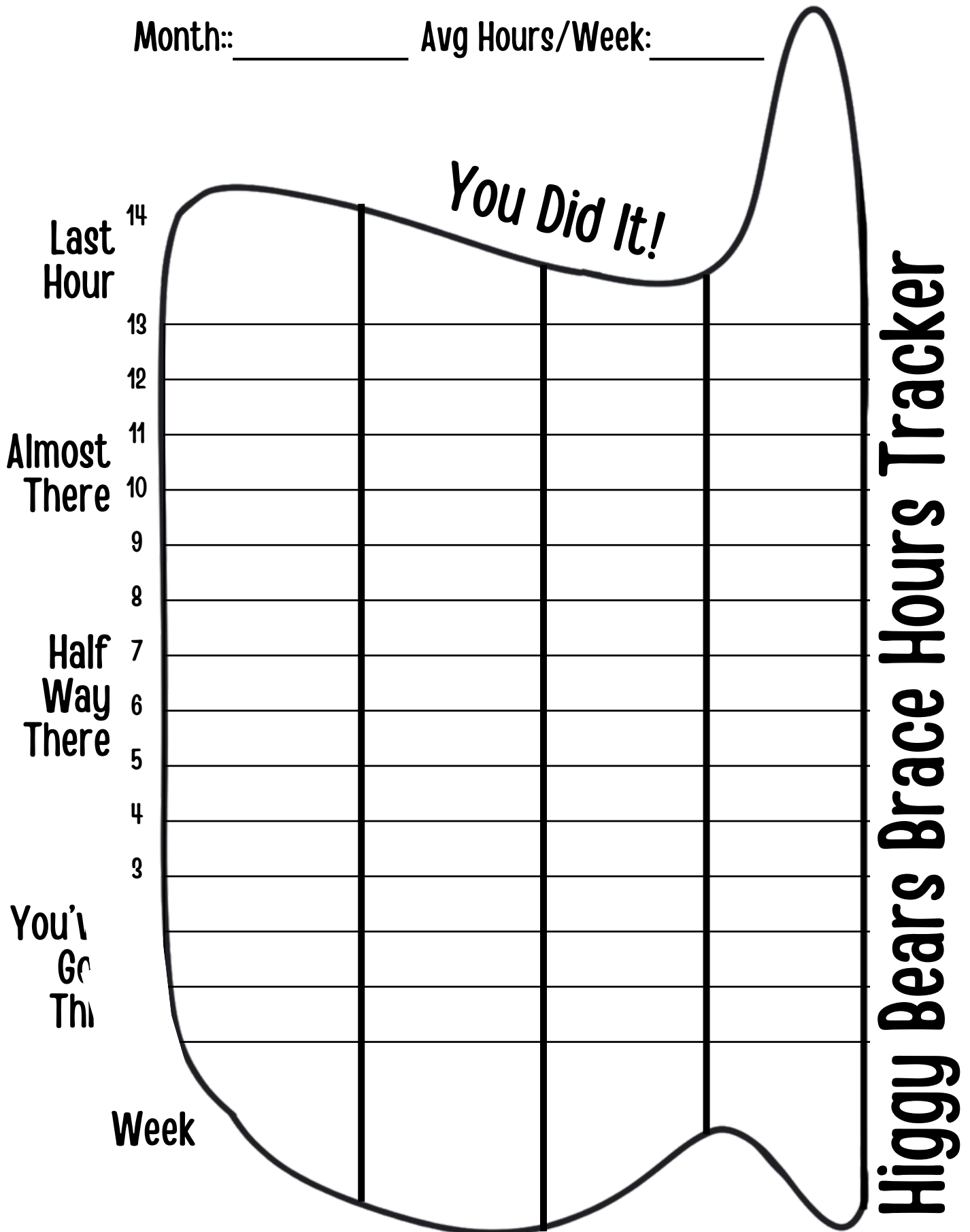
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

14

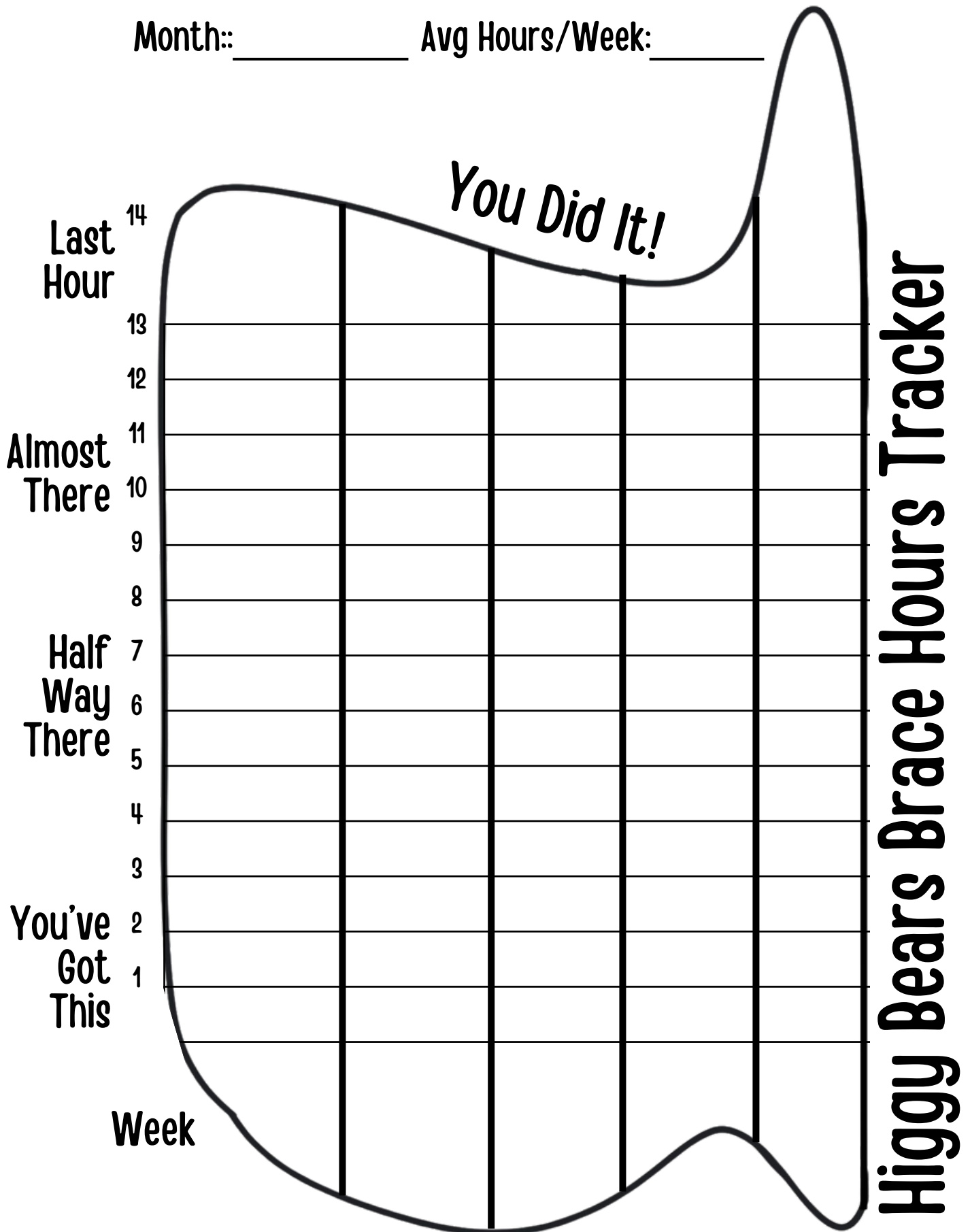
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

14

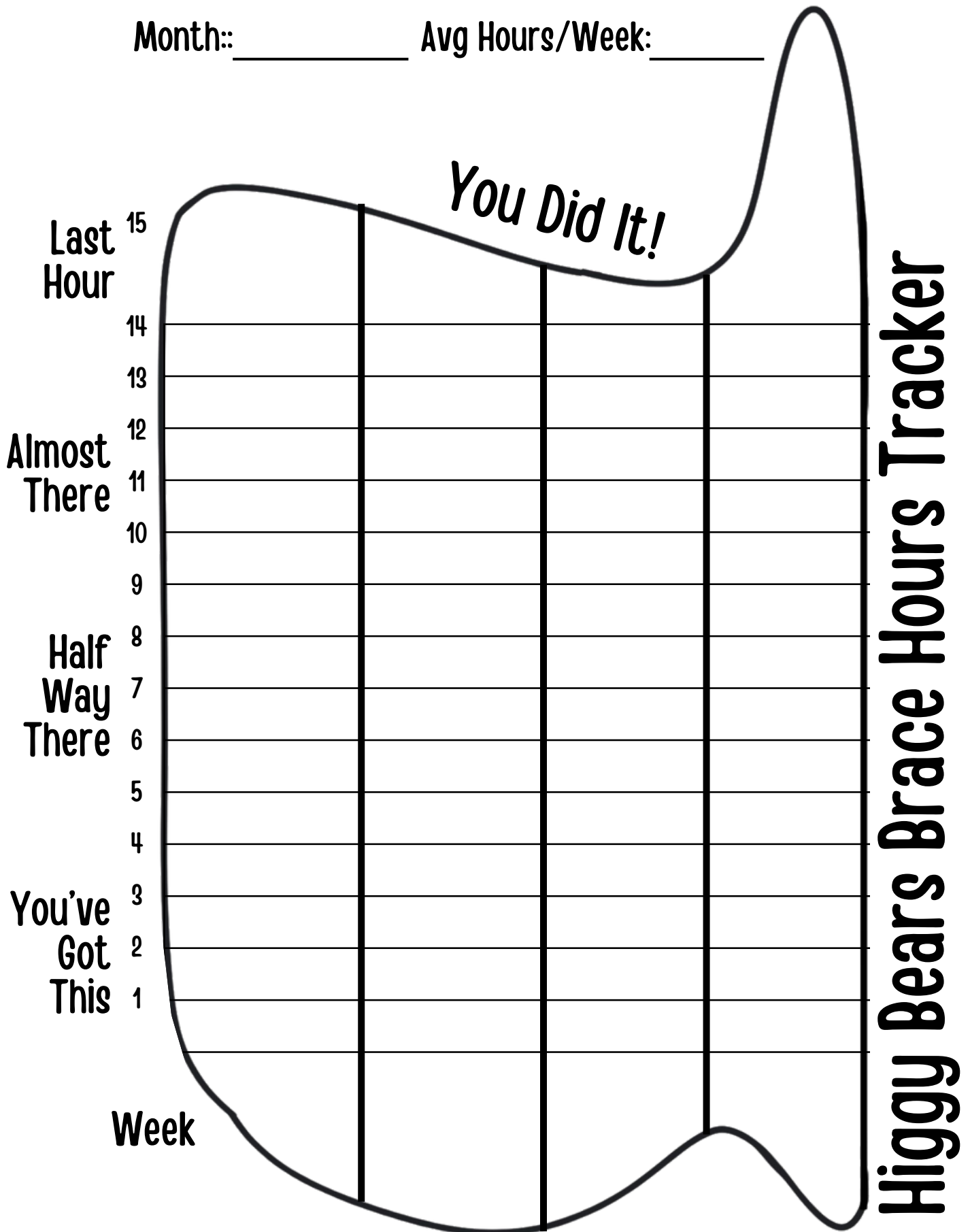
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

15

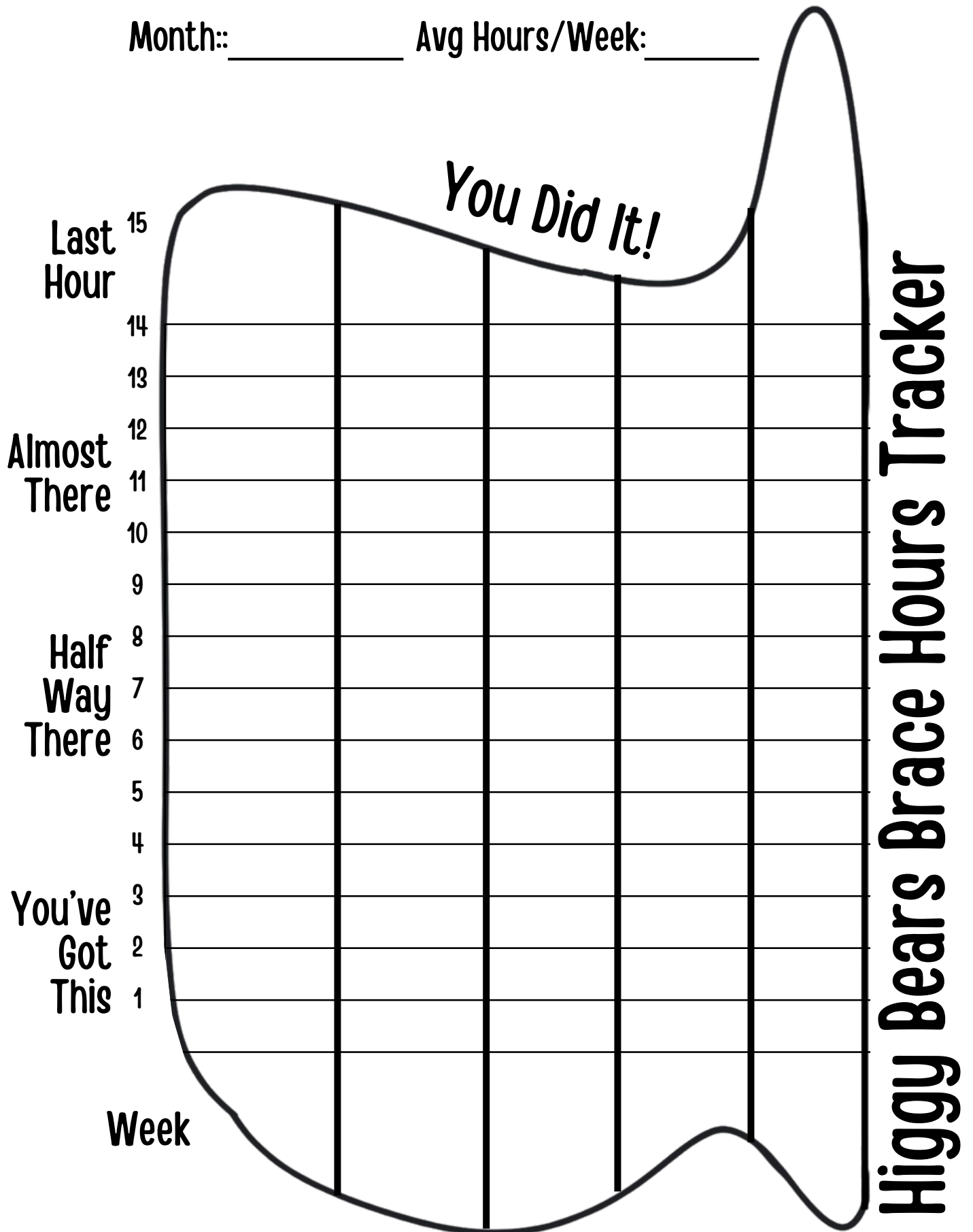
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

15

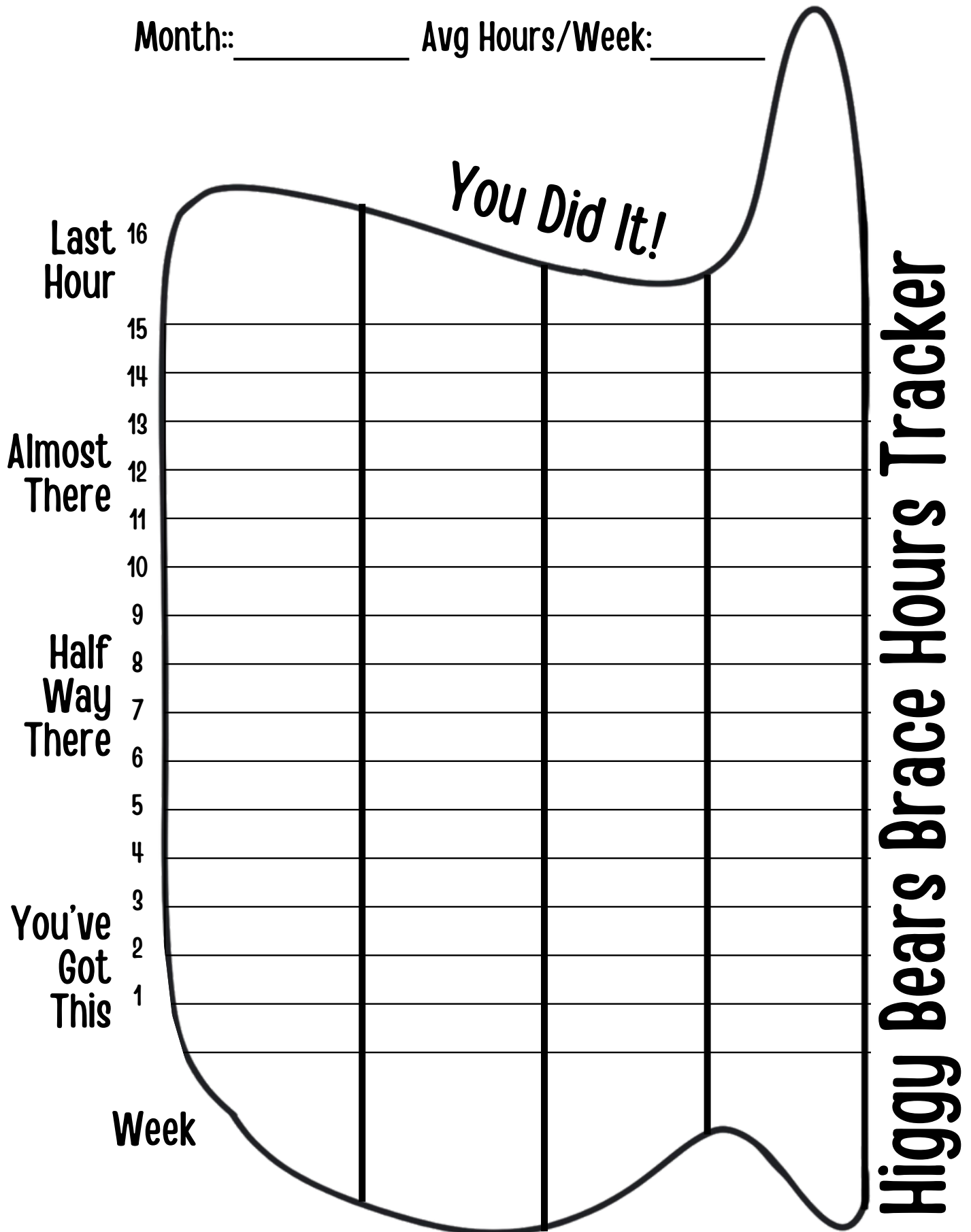
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

16

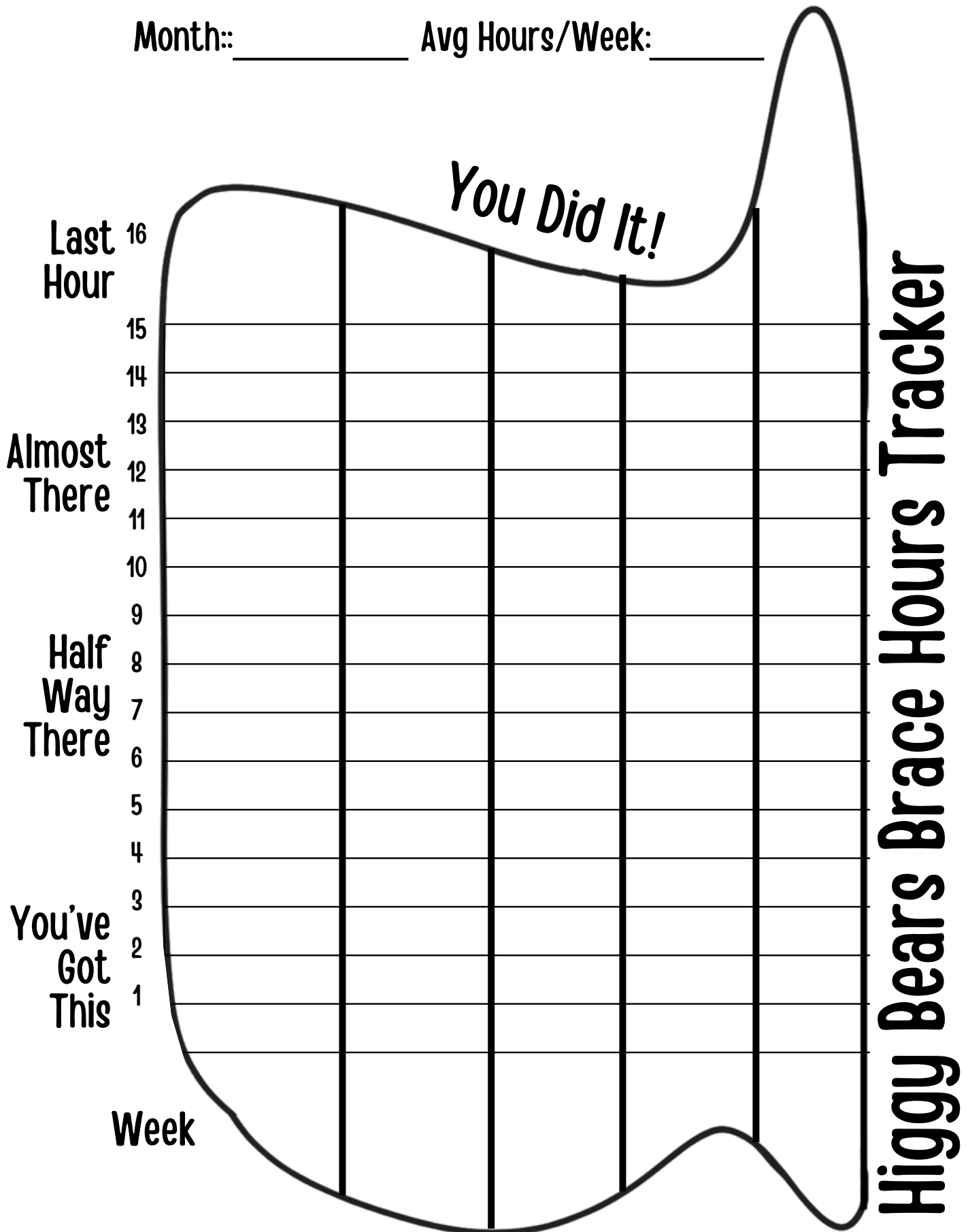
Month: _____ Avg Hours/Week: _____



Monthly Brace Hours

16

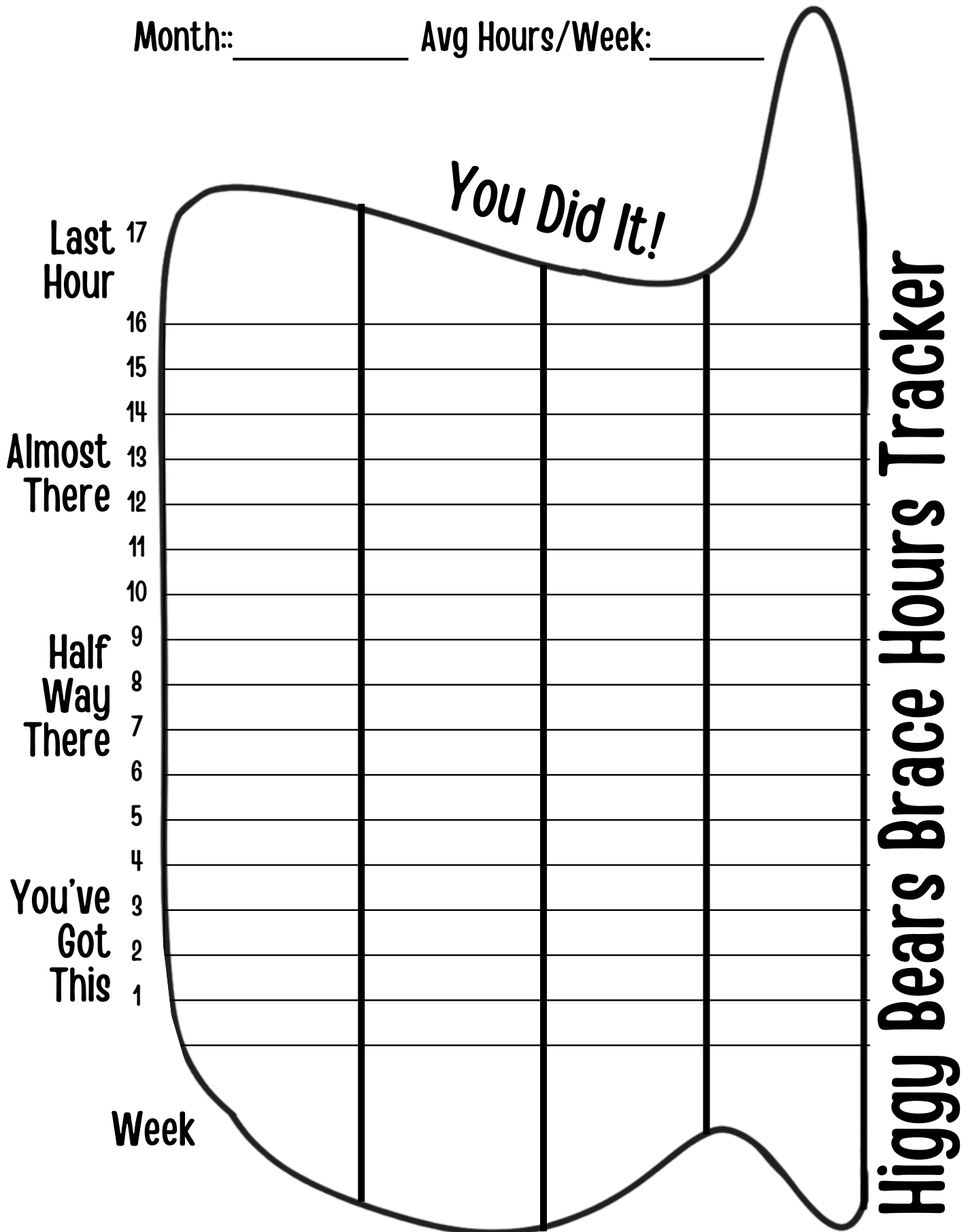
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

17

Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

17

Month:: _____ Avg Hours/Week: _____

You Did It!

Last Hour 17
Almost There 13
Half Way There 7
You've Got This 1

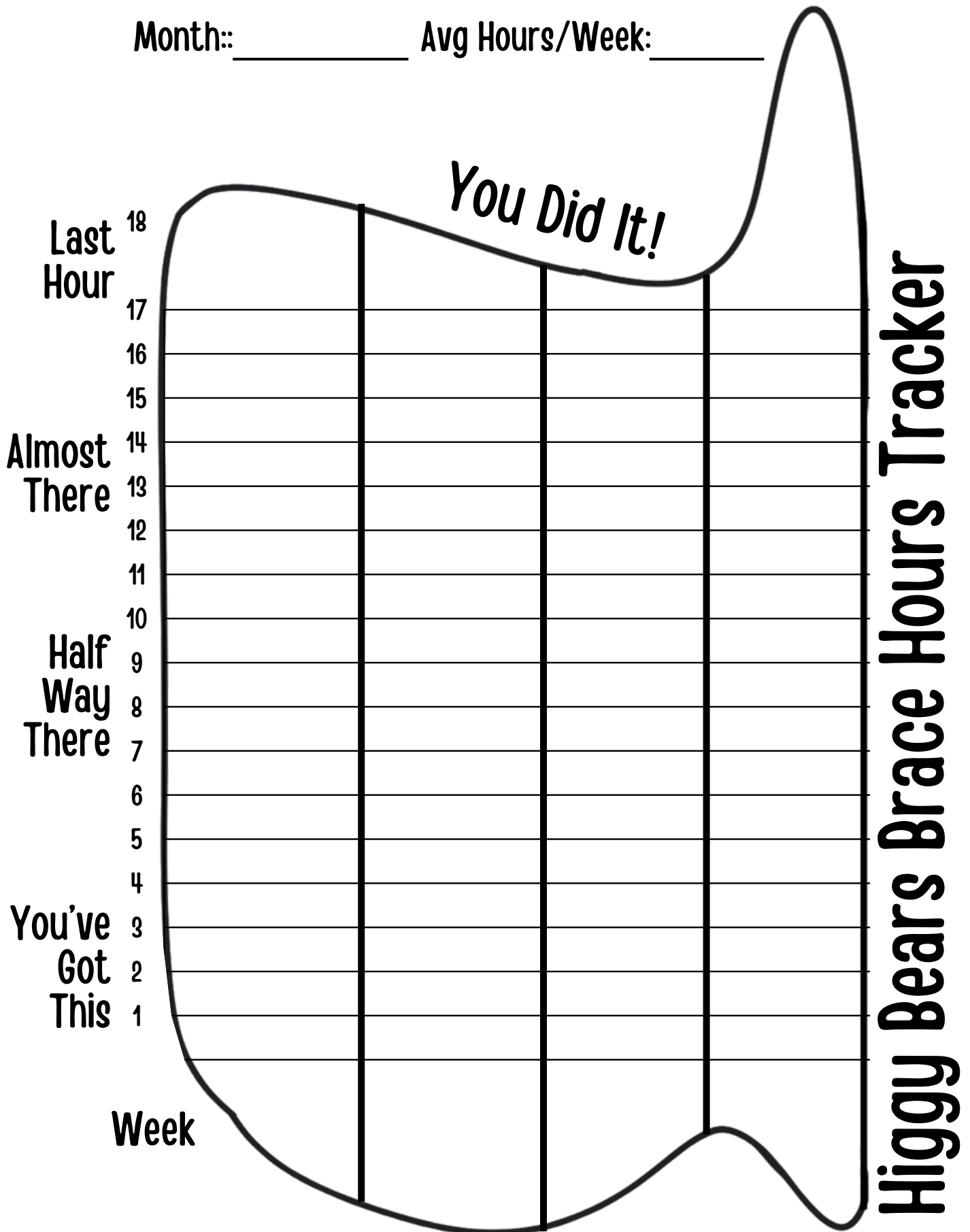
Week

Higgly Bears Brace Hours Tracker

Monthly Brace Hours

18

Month:: _____ Avg Hours/Week: _____



18

Month: _____ Avg Hours/Week: _____

You Did It!

Higgly Bears Brace Hours Tracker

Last Hour

Almost There

Half Way There

You've Got This

Week

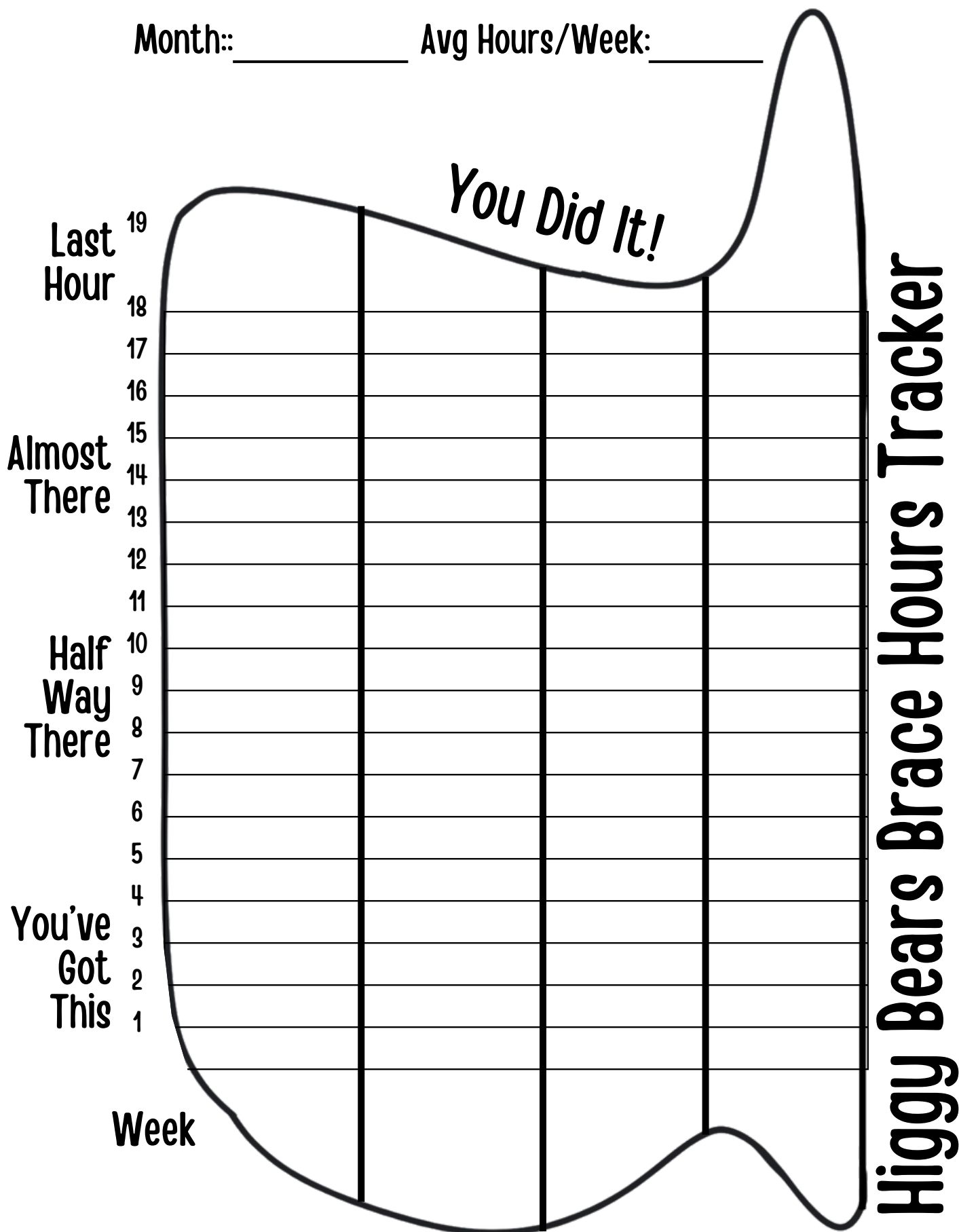
Week	Hours
1	1
2	18
3	17.5
4	18

Higgŷ Bears Brace Hours Tracker

Monthly Brace Hours

19

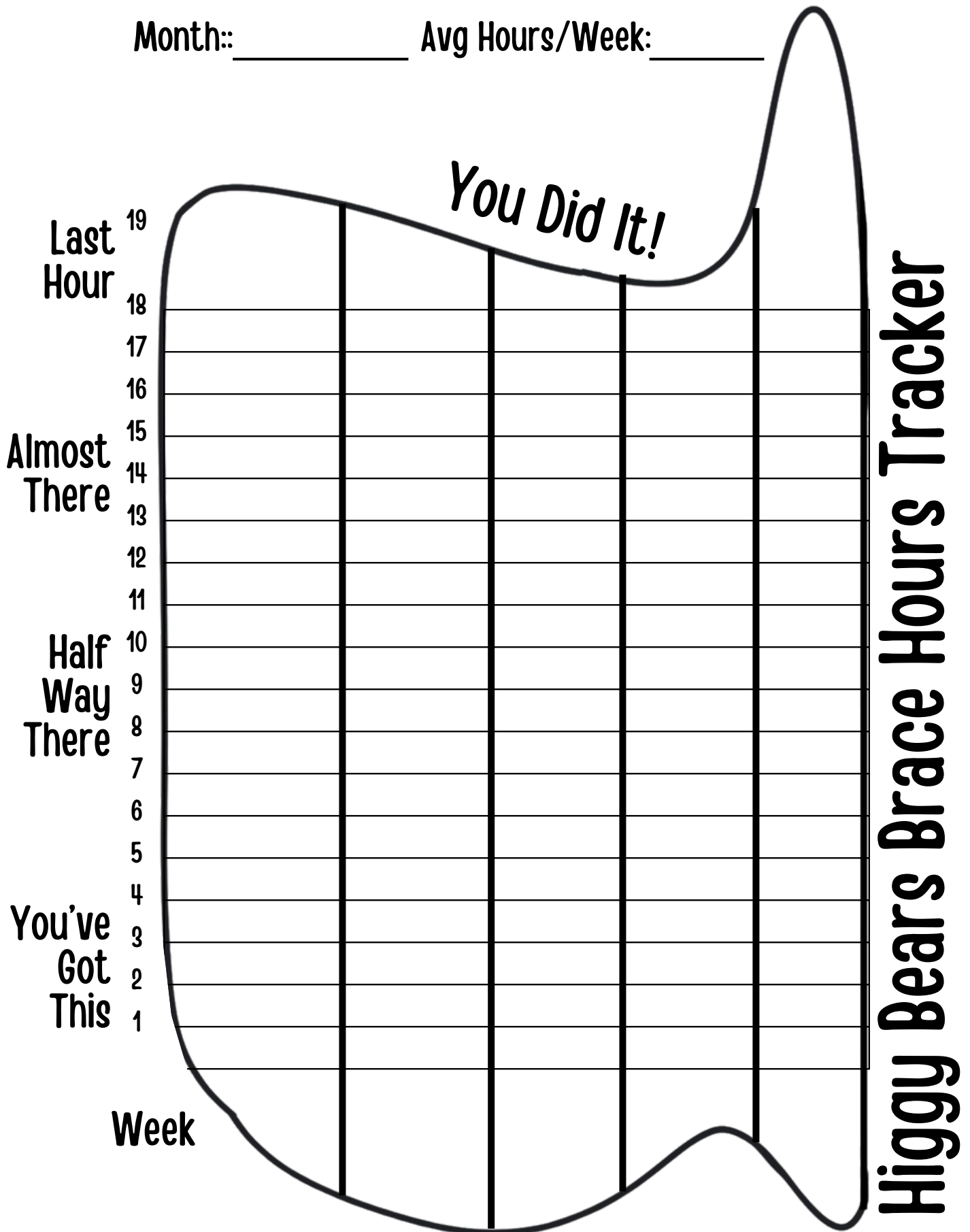
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

19

Month:: _____ Avg Hours/Week: _____



20

Month: _____ Avg Hours/Week: _____

You Did It!

Higgly Bears Brace Hours Tracker

Last Hour

Almost There

Half Way There

You've Got This

Week

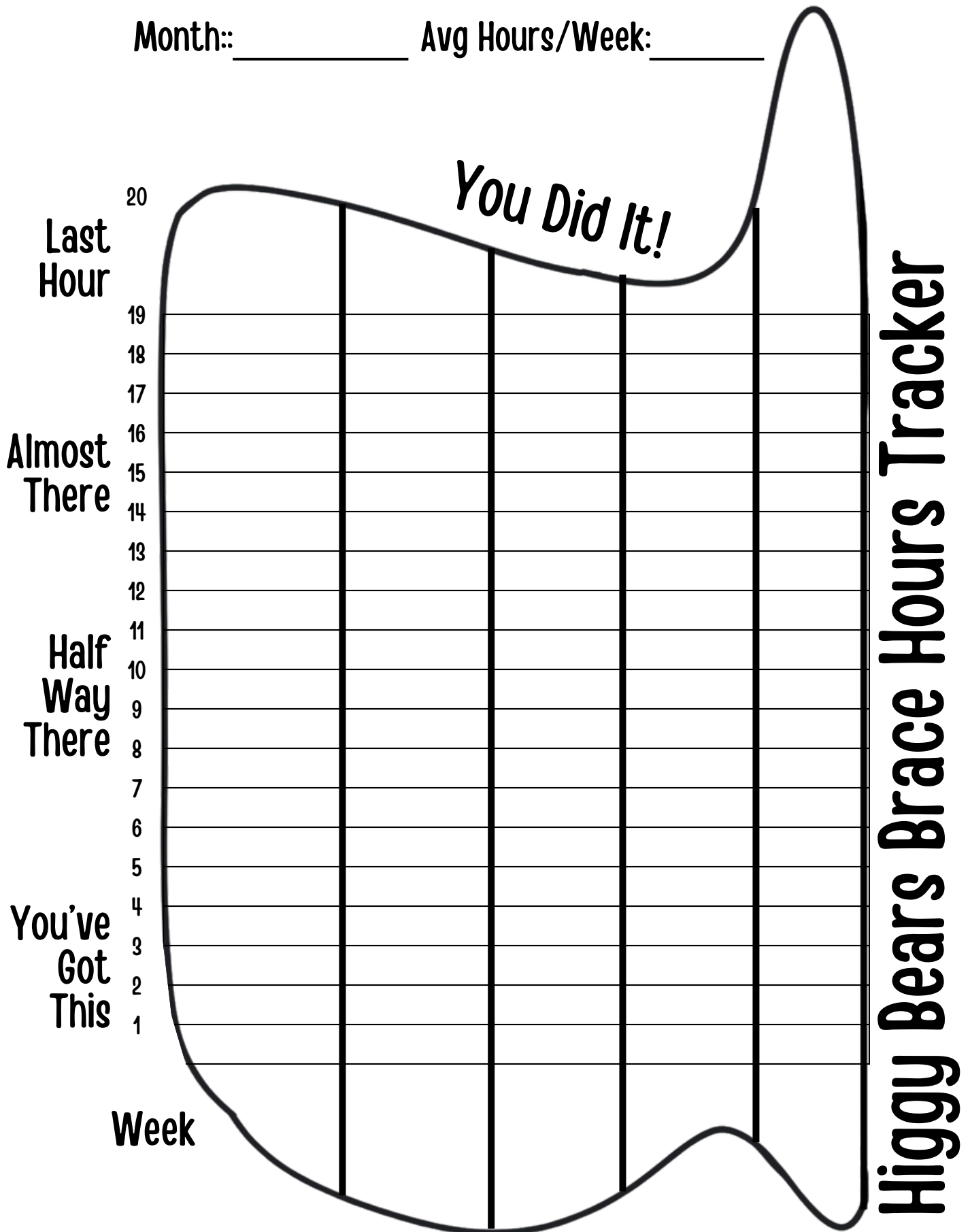
Week	Hours
1	1
2	20
3	19
4	20

Higgy Bears Brace Hours Tracker

Monthly Brace Hours

20

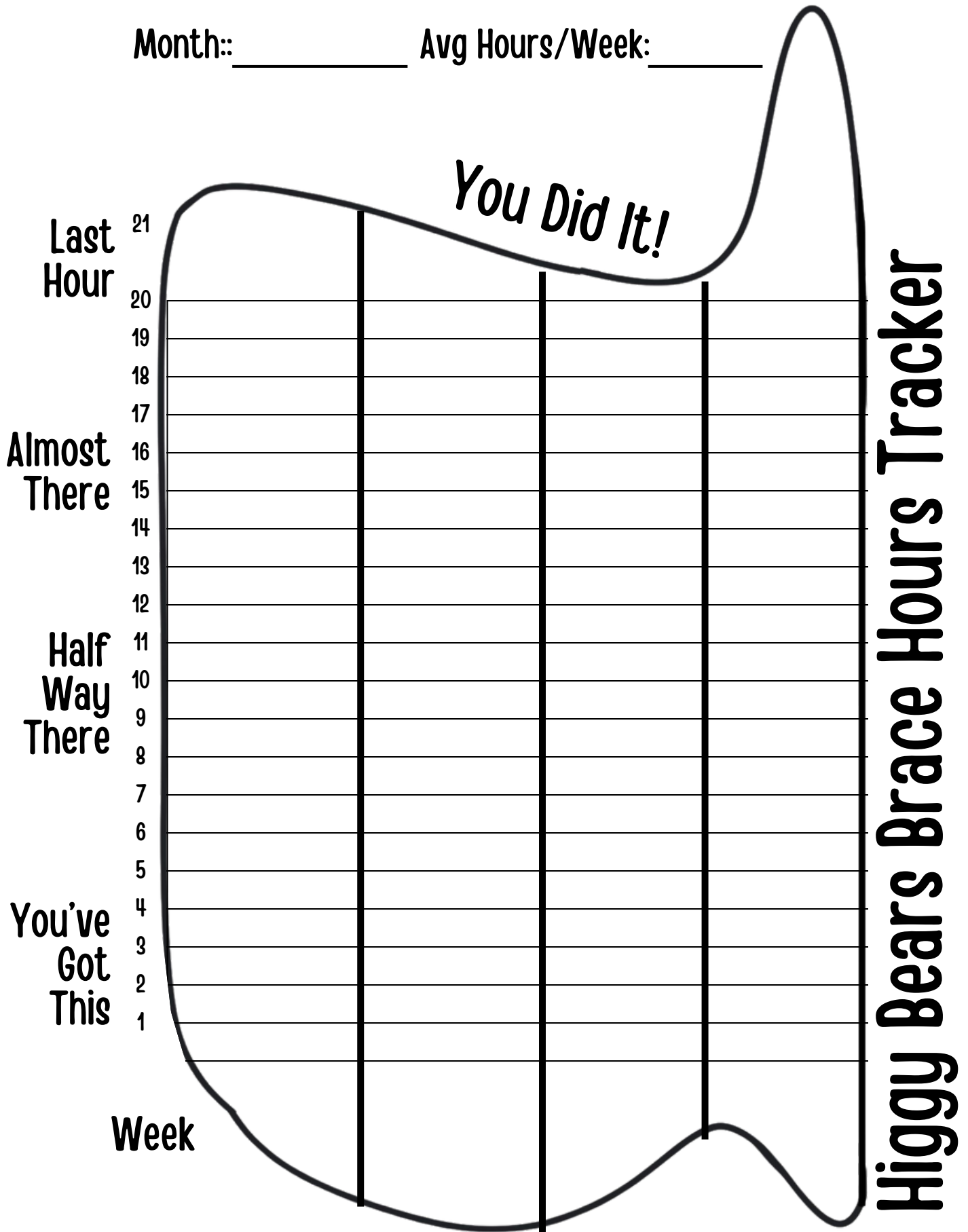
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

21

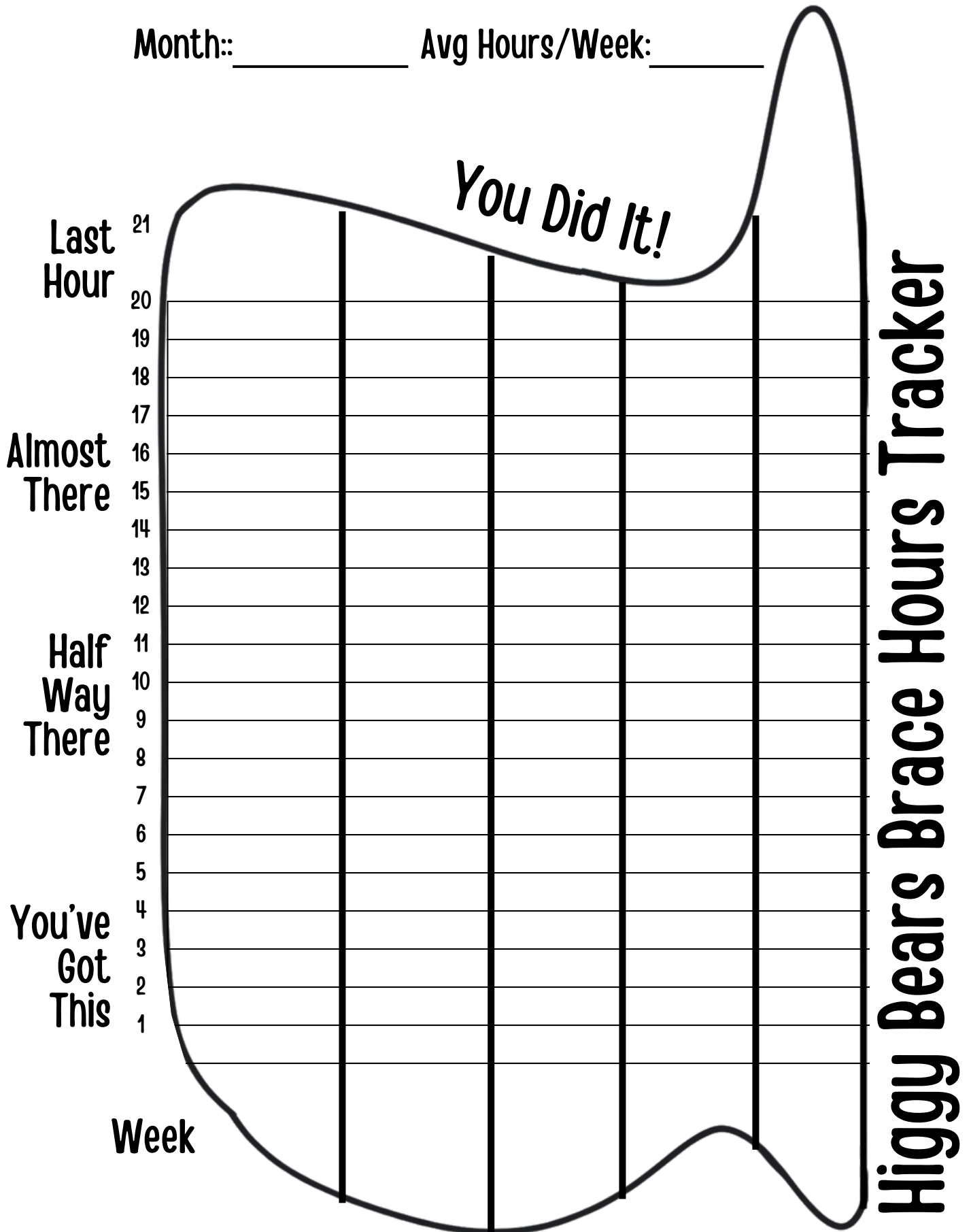
Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

21

Month:: _____ Avg Hours/Week: _____



Monthly Brace Hours

22

Month:: _____ Avg Hours/Week: _____

You Did It!

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

Week

Higgly Bears Brace Hours Tracker

22

Month: _____ Avg Hours/Week: _____

You Did It!

Last Hour

Almost There

Half Way There

You've Got This

Week

Higgly Bears Brace Hours Tracker

22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

Higgŷ Bears Brace Hours Tracker

Monthly Brace Hours

23

Month:: _____ Avg Hours/Week: _____

You Did It!

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

Week

Higgy Bears Brace Hours Tracker

Monthly Brace Hours

23

Month:: _____ Avg Hours/Week: _____

You Did It!

Last Hour
Almost There
Half Way There
You've Got This

Week

Higgy Bears Brace Hours Tracker