

12 Month Brace Hour Charts

30 Minutes – 23 Hours

Directions: Find the chart that corresponds with your brace hour goal. Print out that page only. Transfer your hours from your monthly charts so you can track your hour trends over time. Be sure to bring this chart to your appointments to show your doctor or orthotist how awesome you are doing.

You're Doing Great!!!

Bent Not Broken

:30

You Did It!

Almost There!

Half Way There!

You've Got This!

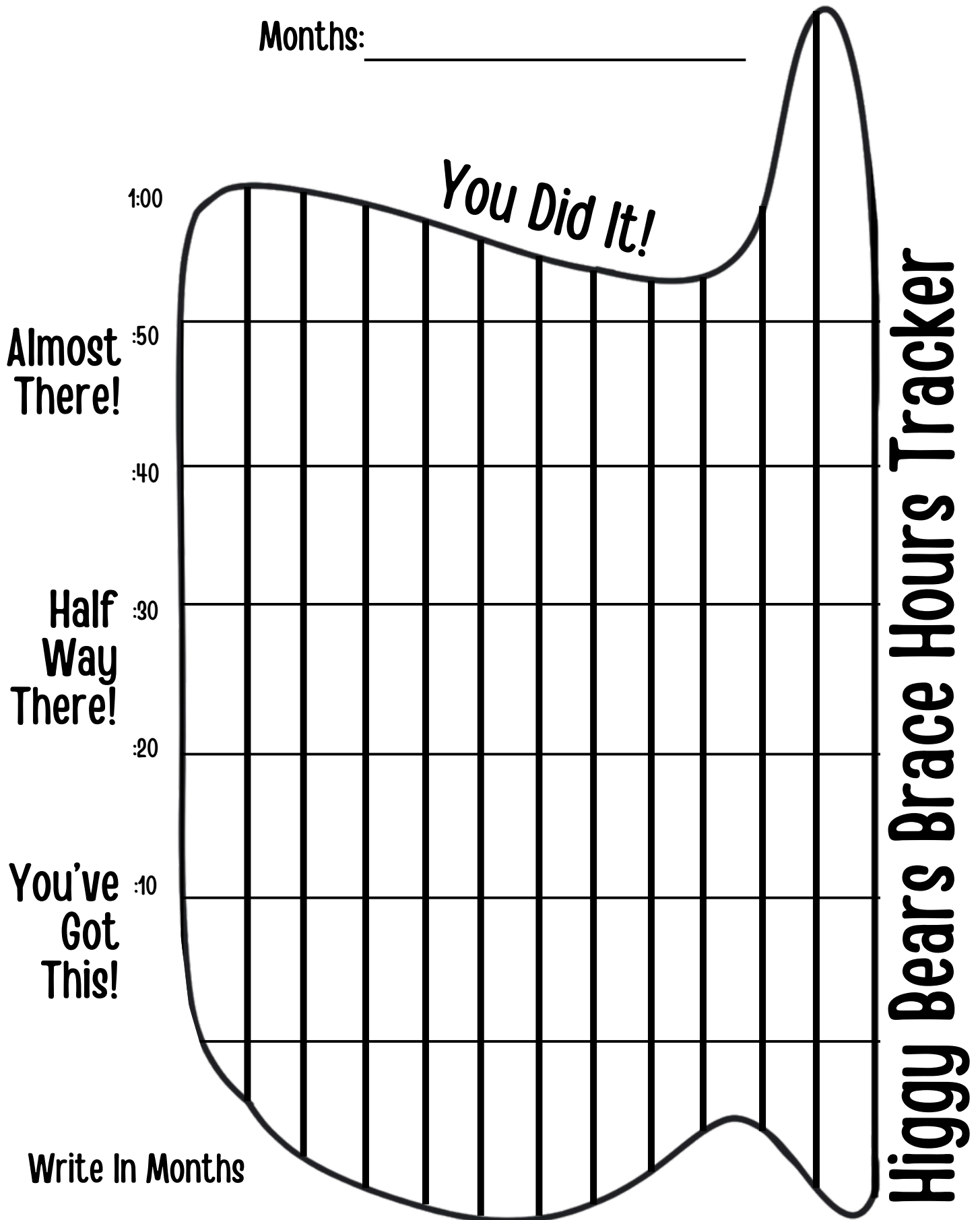
Write In Months

Higgly Bears Brace Hours Tracker

12 Month Chart

1

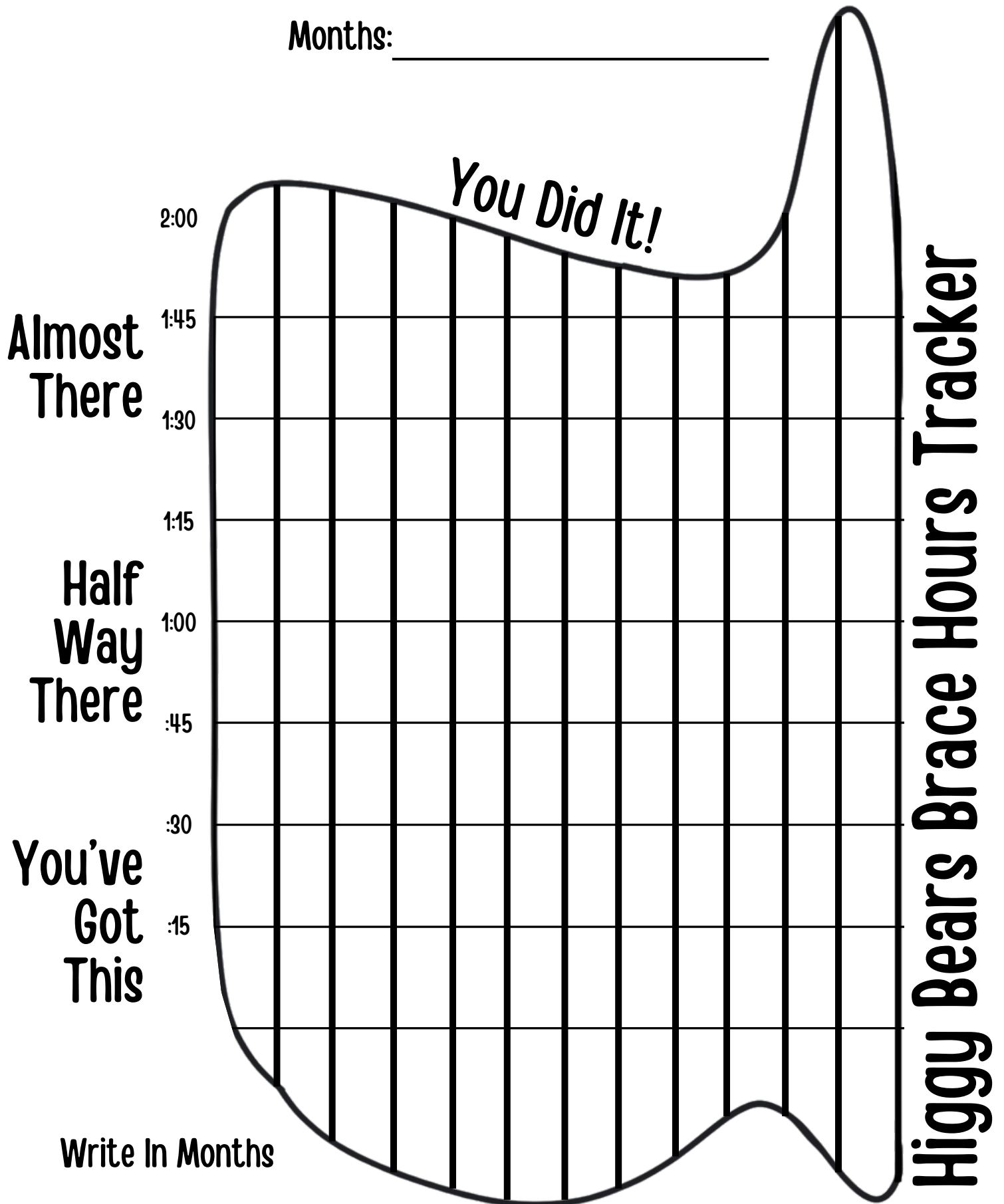
Months: _____



12 Month Chart

2

Months: _____



3

Months: _____

You Did It!

Last :15

Almost There

Half Way There

You've Got This

Write In Months

Higgly Bears Brace Hours Tracker

Month	Time (Hours:Minutes)
1	:15
2	3:00
3	2:45
4	2:30
5	2:15
6	2:00
7	1:45
8	1:30
9	1:15
10	1:00
11	:45
12	:30

Higgŷ Bears Brace Hours Tracker

12 Month Chart

4

Months: _____

You Did It!

Higgly Bears Brace Hours Tracker

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

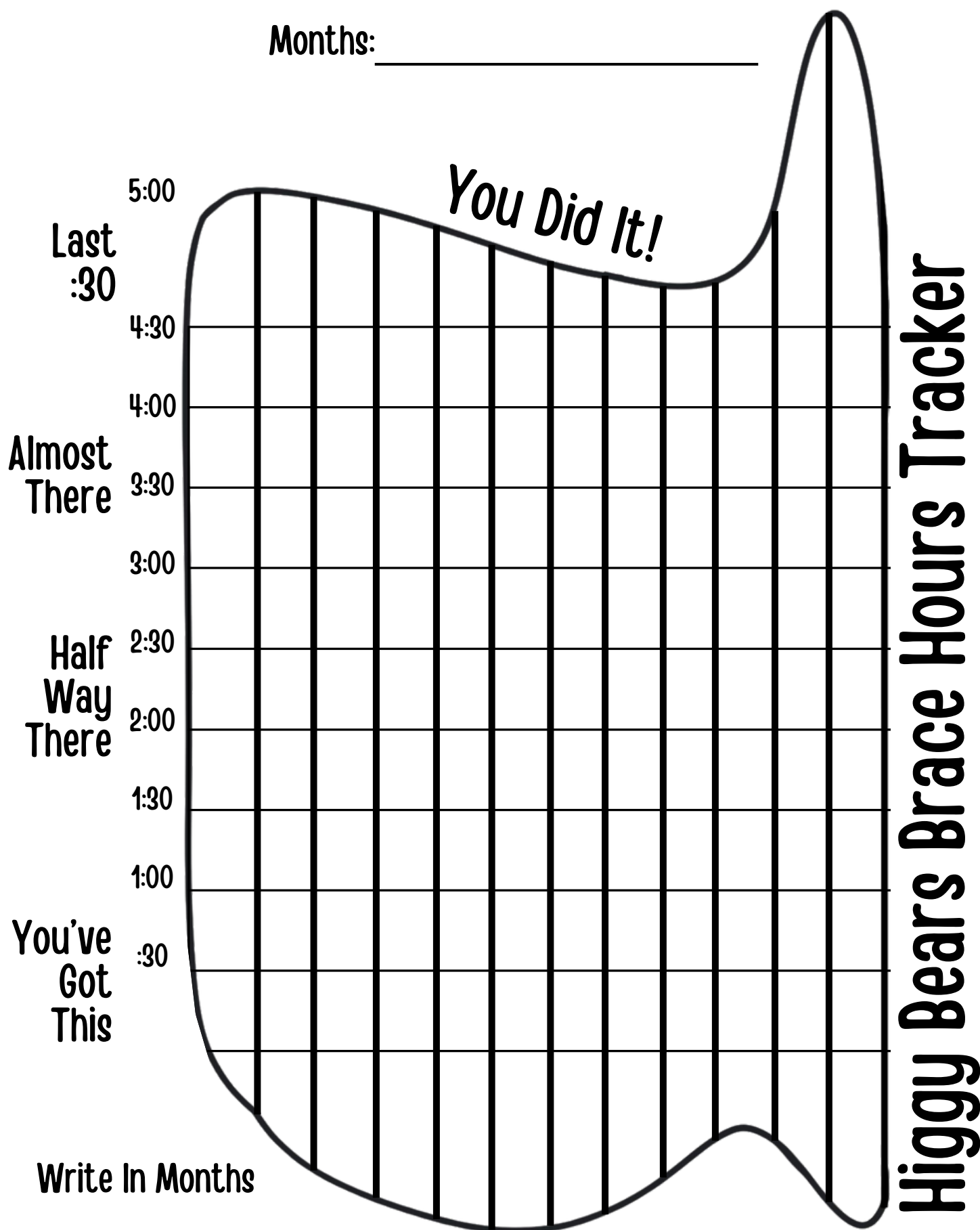
Write In Months

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

12 Month Chart

5

Months: _____



12 Month Chart

6

Months: _____

You Did It!

Last
Hour!

6

Almost
There

5

4

Half
Way
There!

3

2

You've
Got
This

1

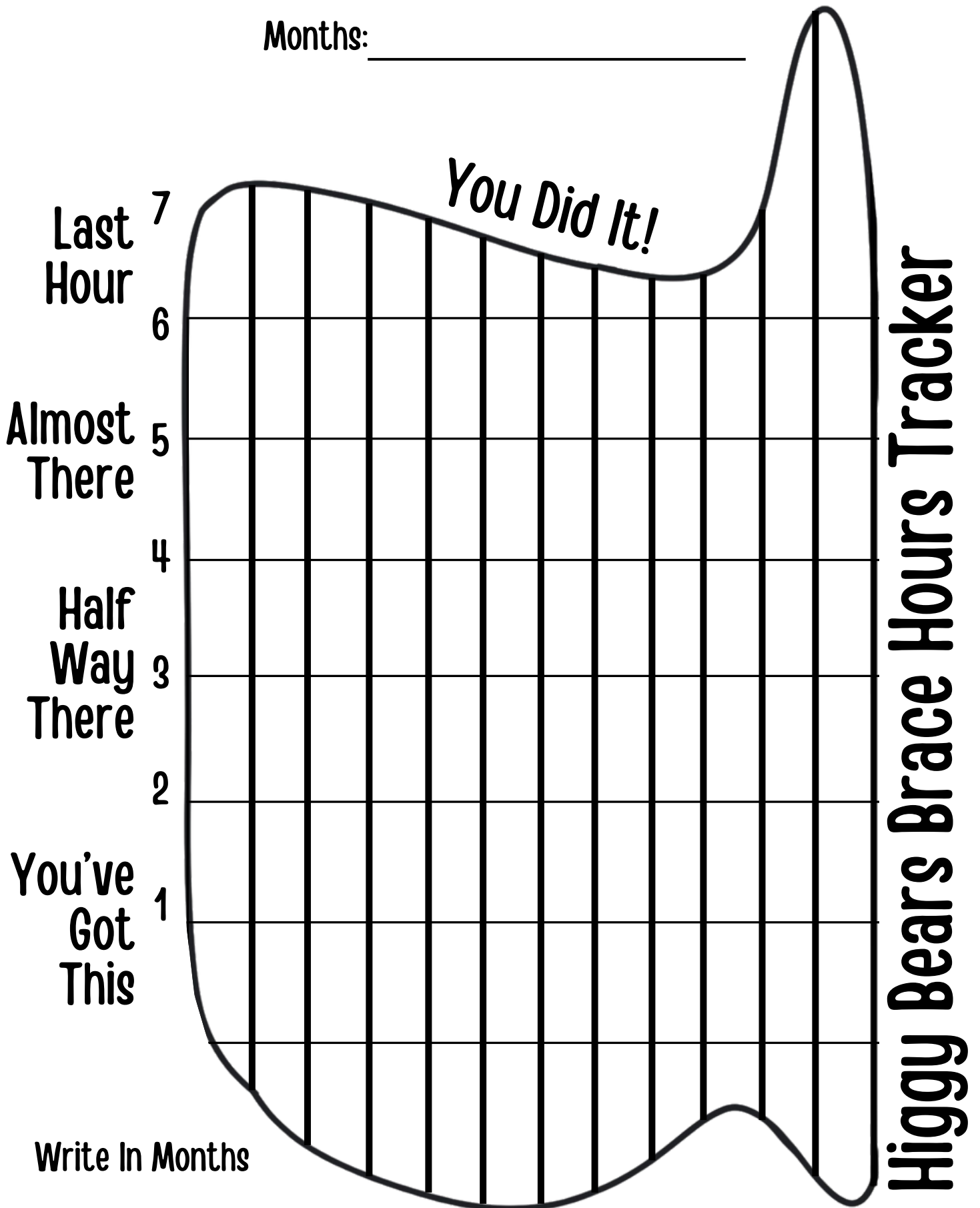
Write In Months

Higgly Bears Brace Hours Tracker

12 Month Chart

7

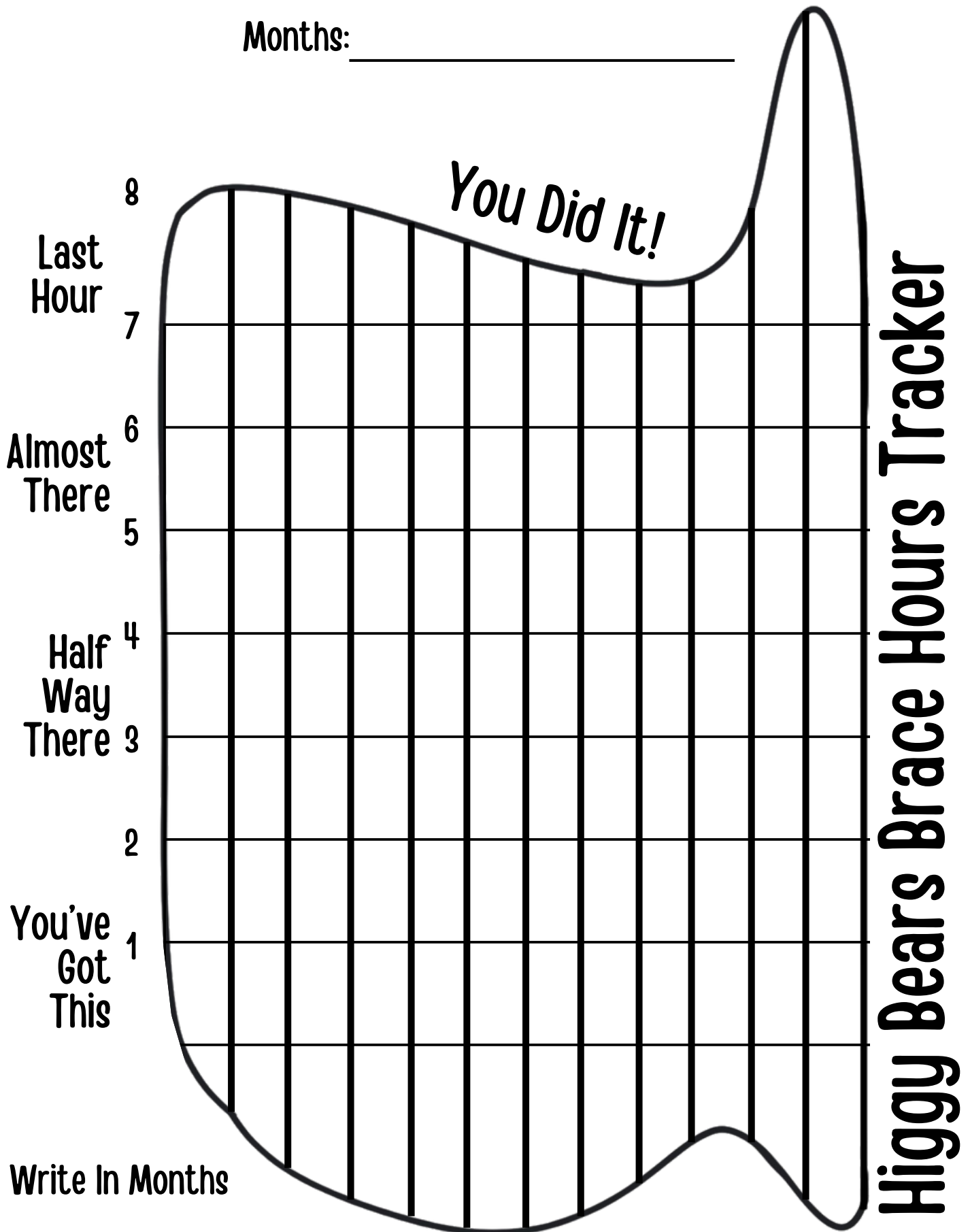
Months: _____



12 Month Chart

8

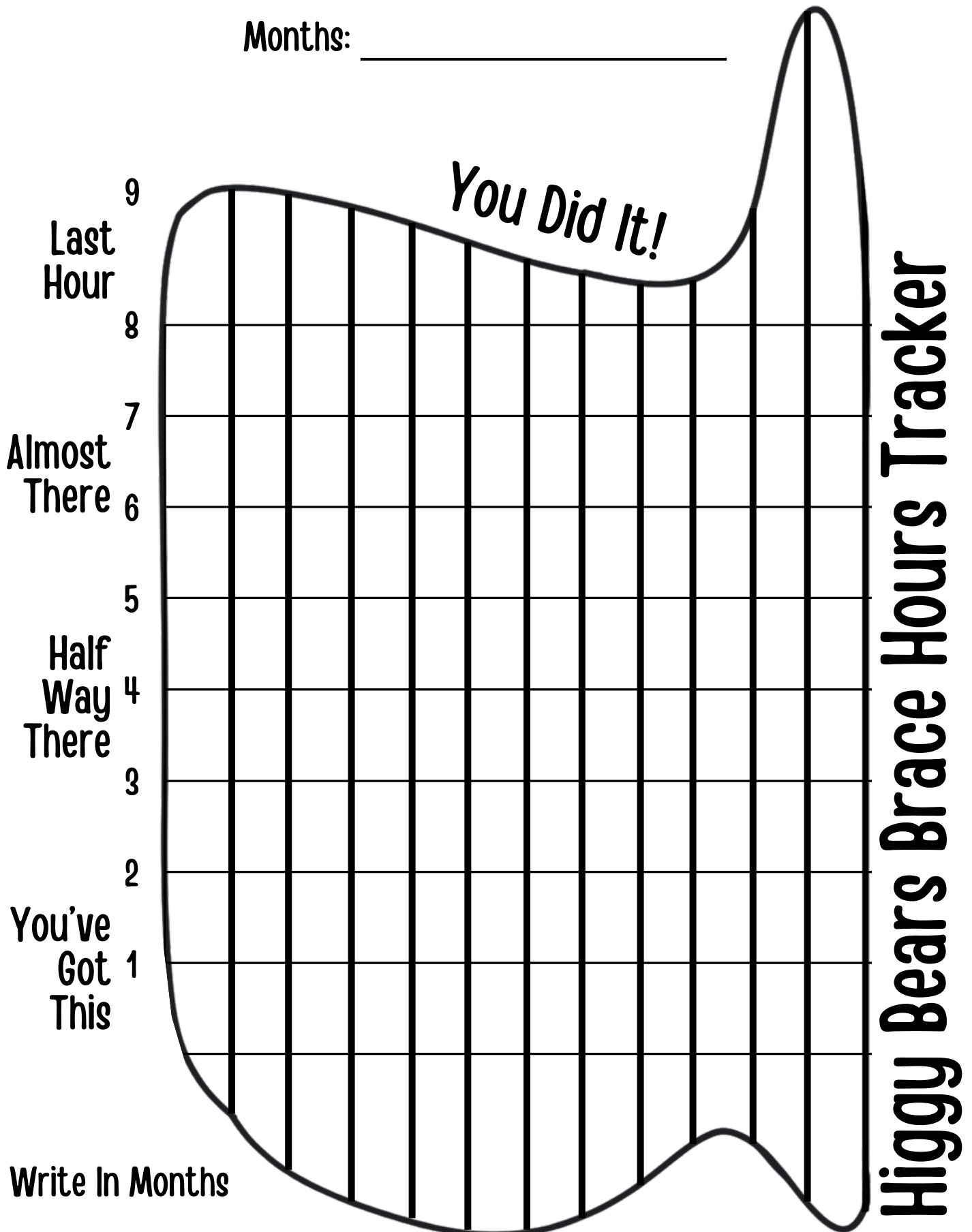
Months: _____



12 Month Chart

9

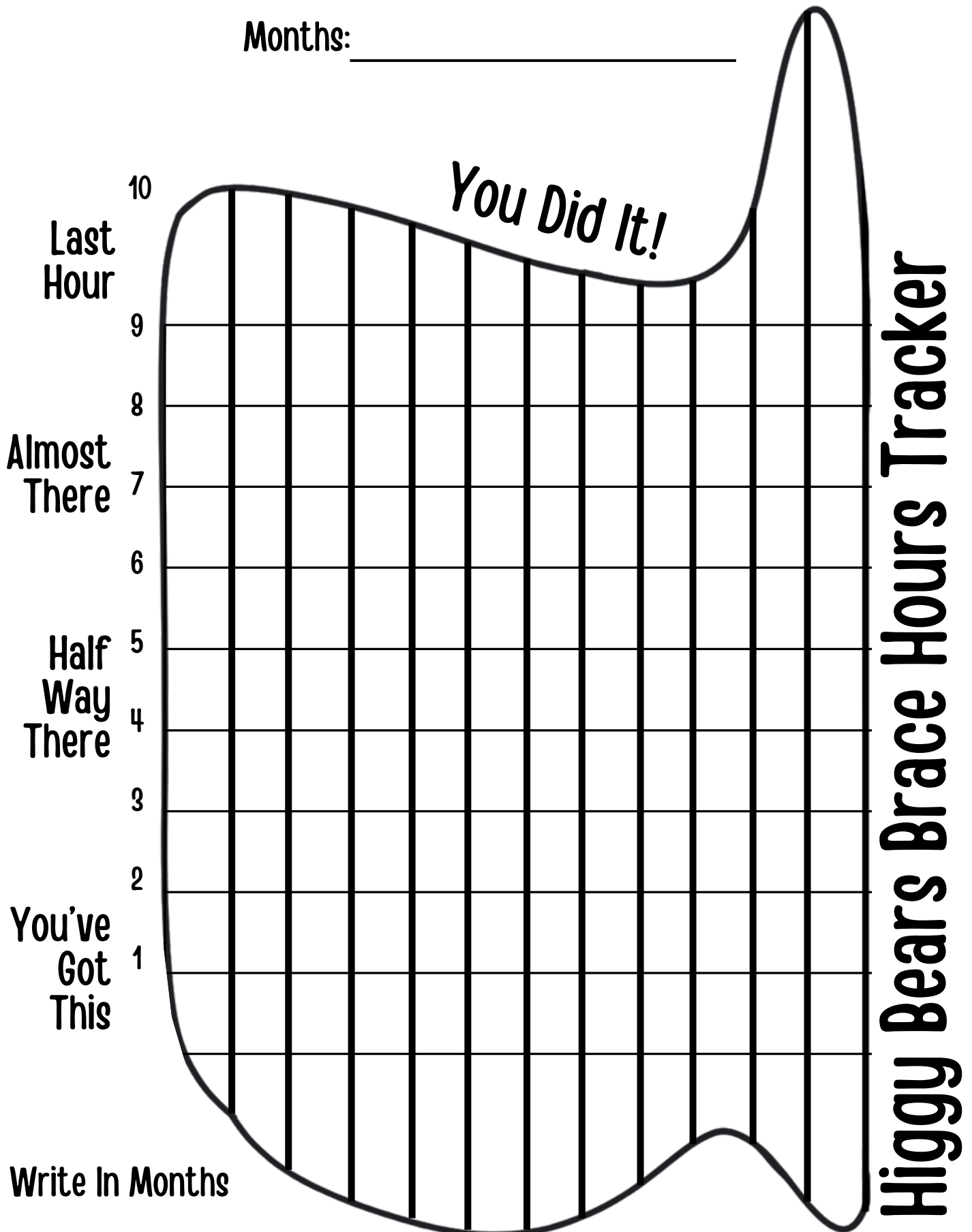
Months: _____



12 Month Chart

10

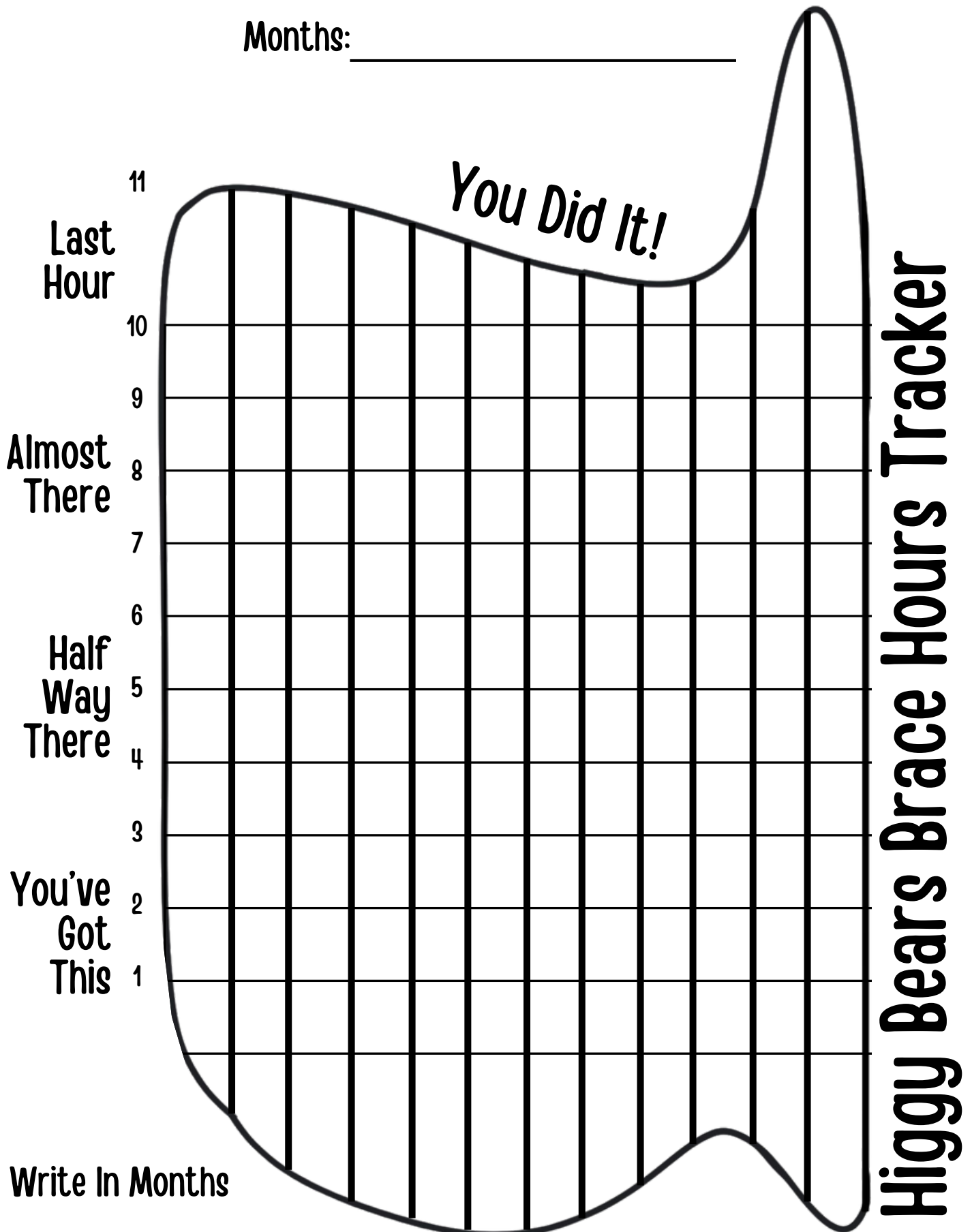
Months: _____



12 Month Chart

11

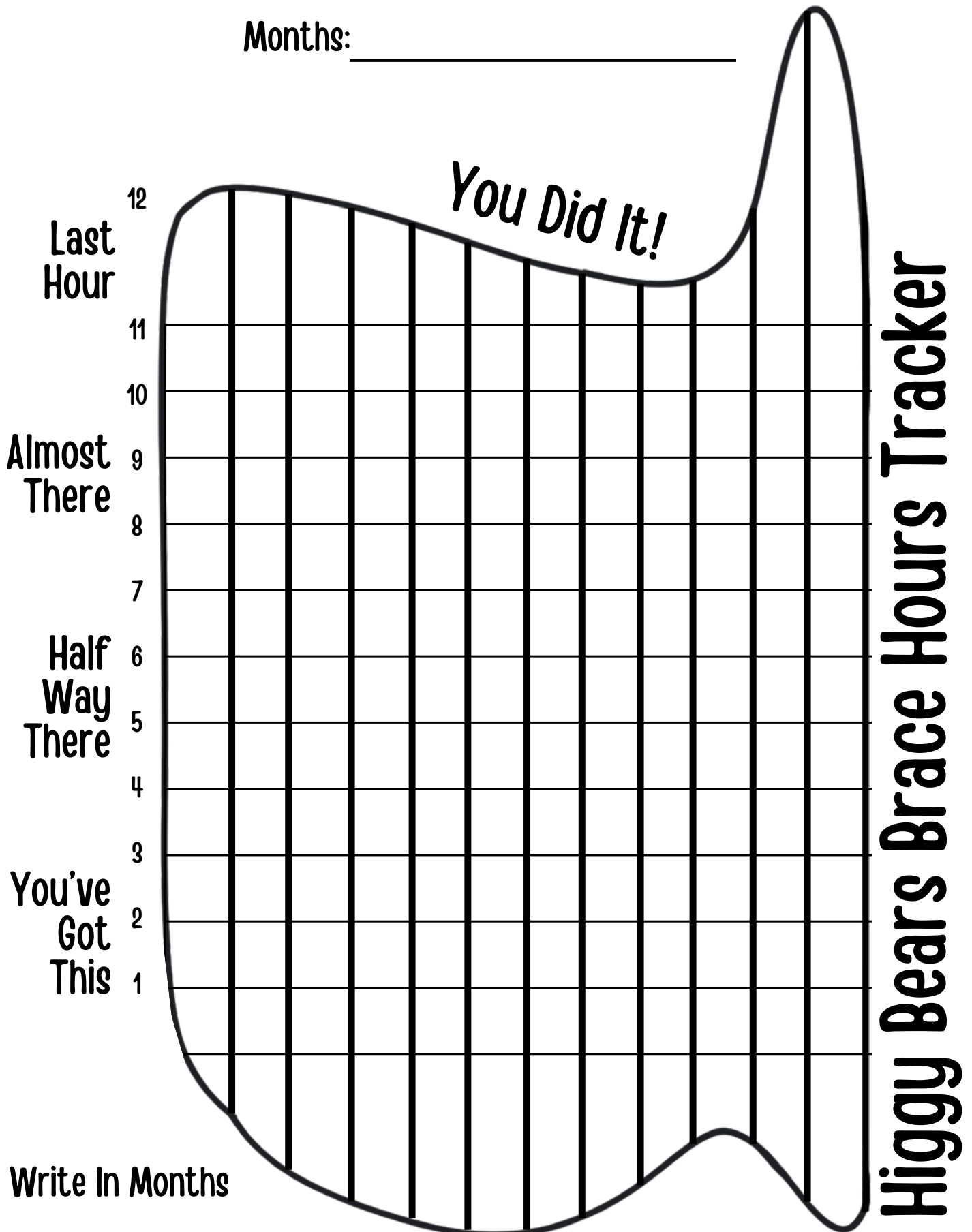
Months: _____



12 Month Chart

12

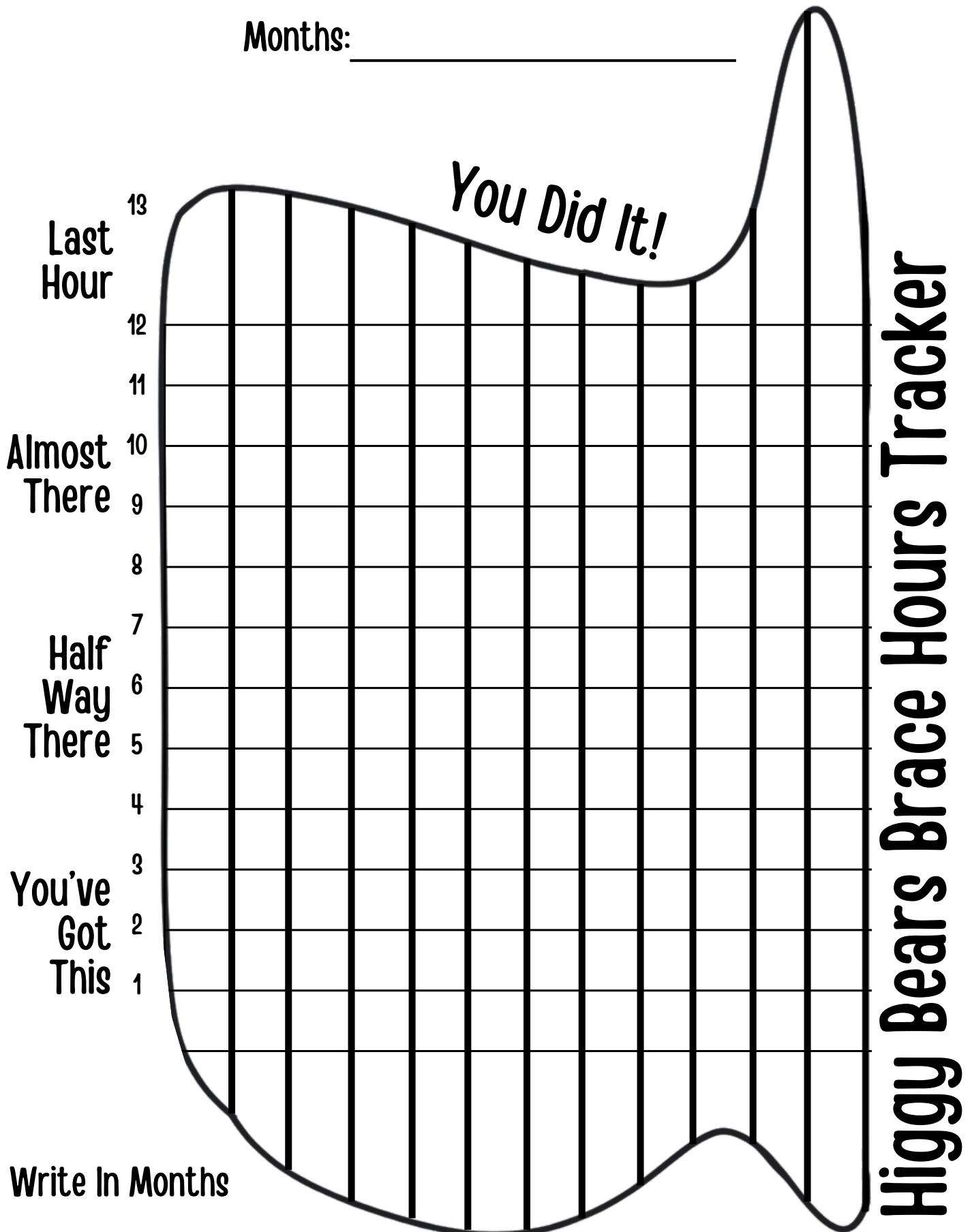
Months: _____



12 Month Chart

13

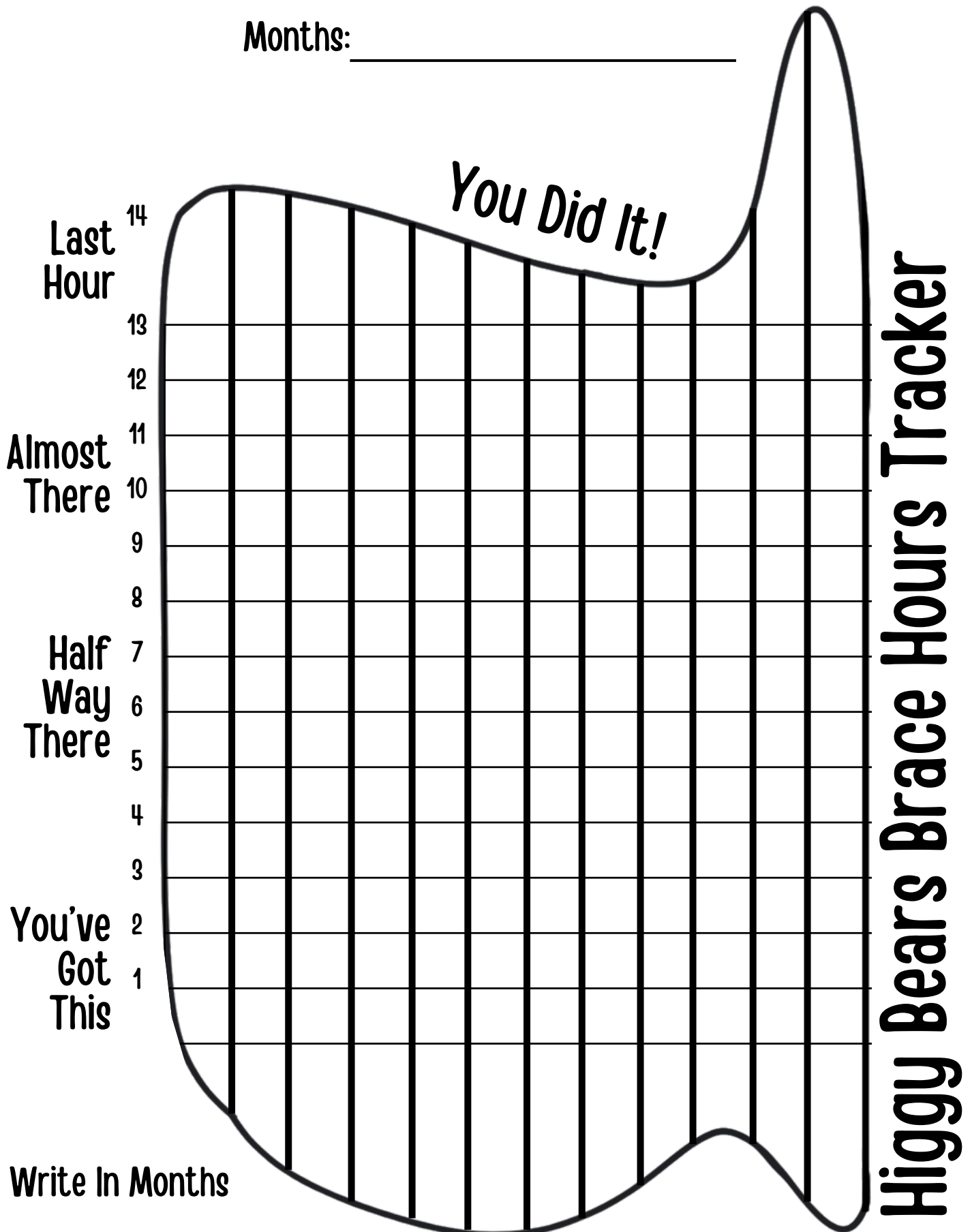
Months: _____



12 Month Chart

14

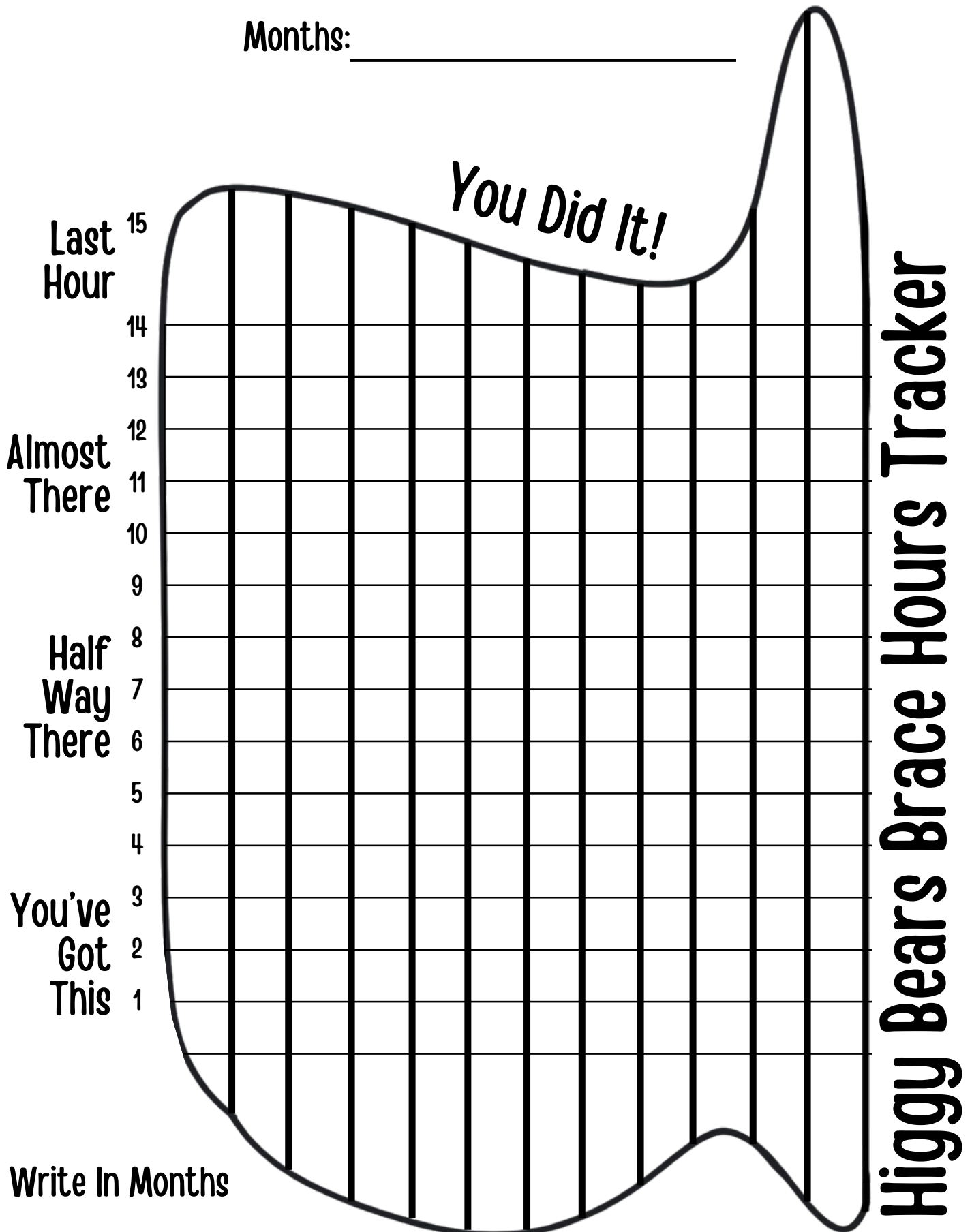
Months: _____



12 Month Chart

15

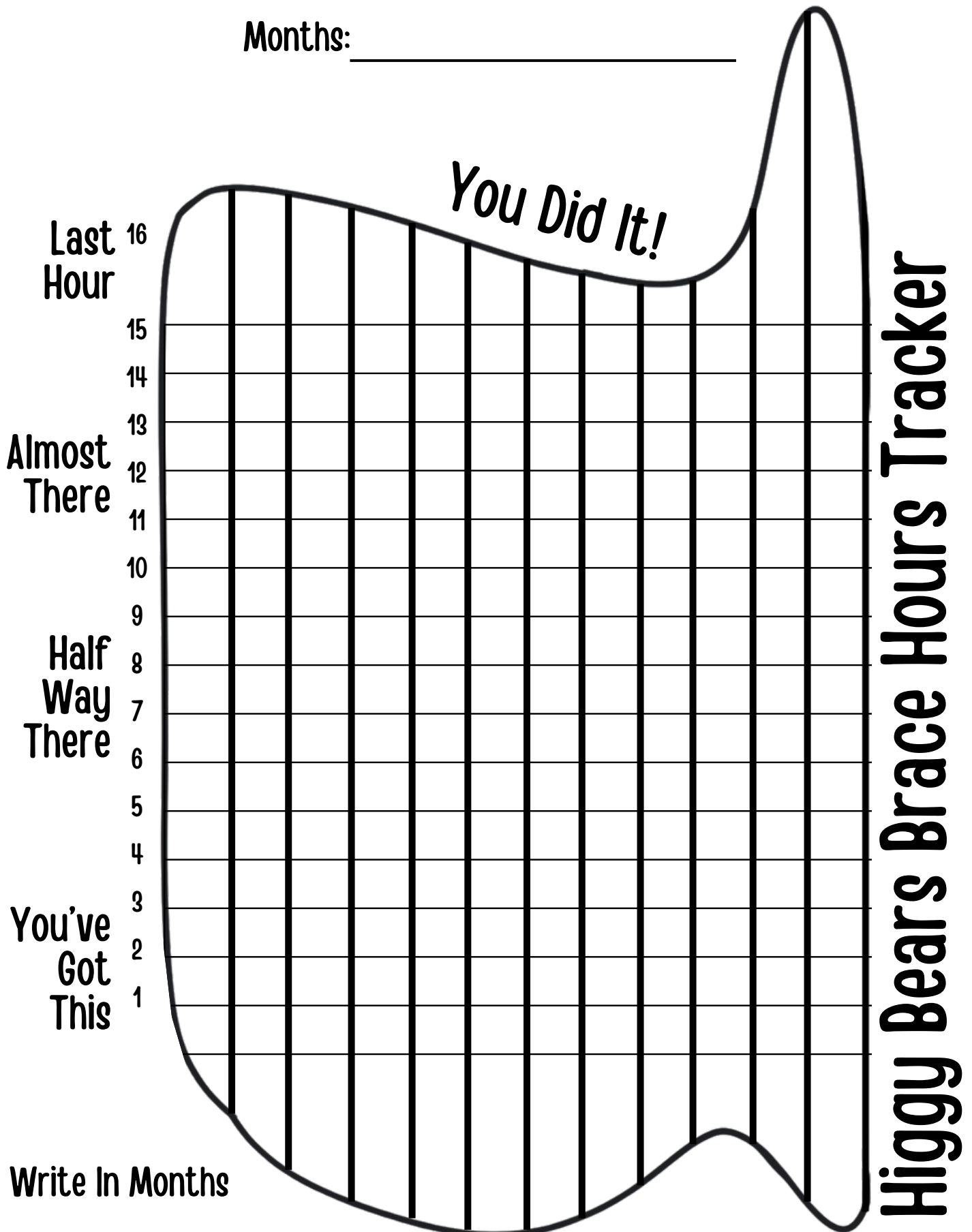
Months: _____



12 Month Chart

16

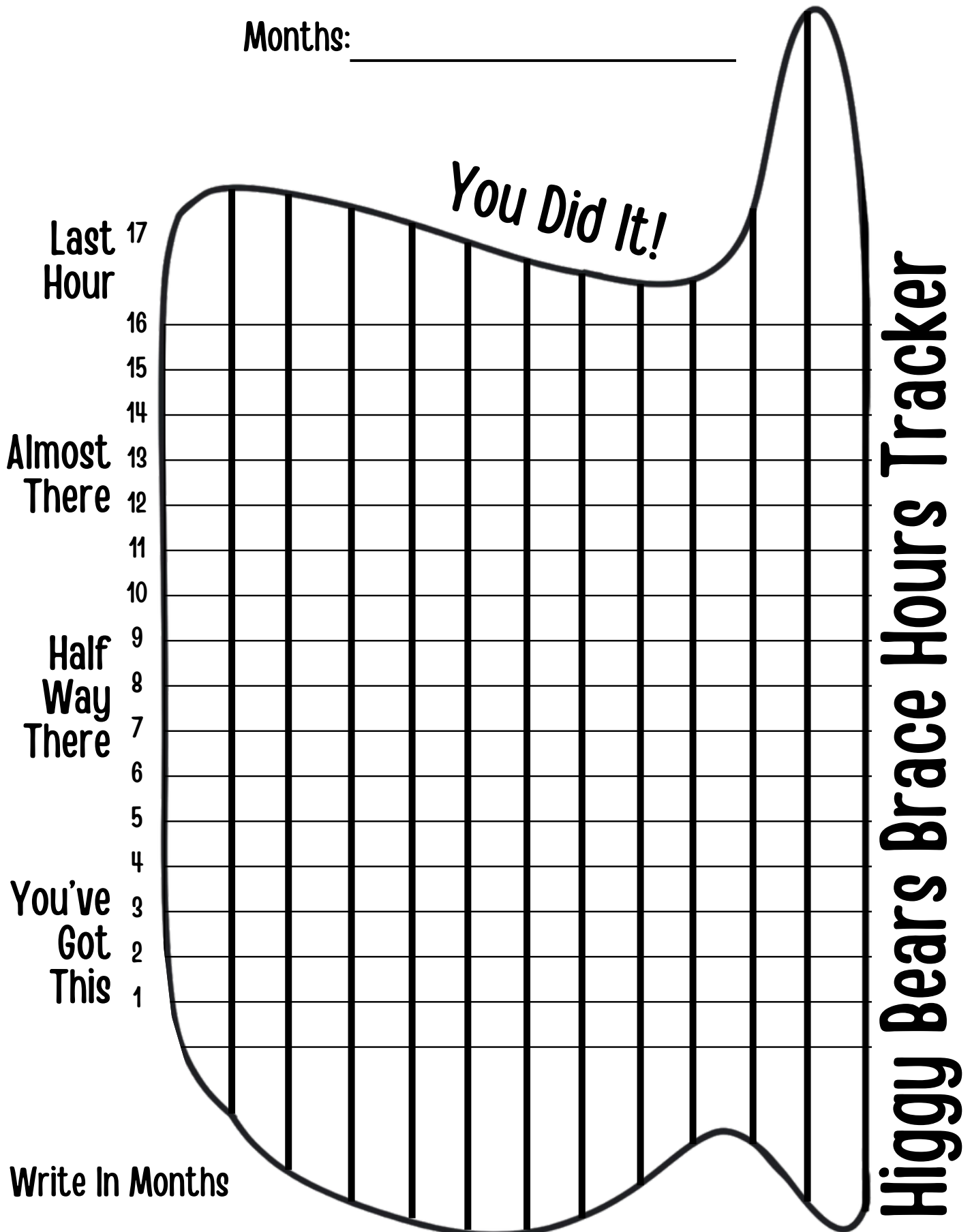
Months: _____



12 Month Chart

17

Months: _____



18

Months: _____

You Did It!

Last Hour

Almost There

Half Way There

You've Got This

Write In Months

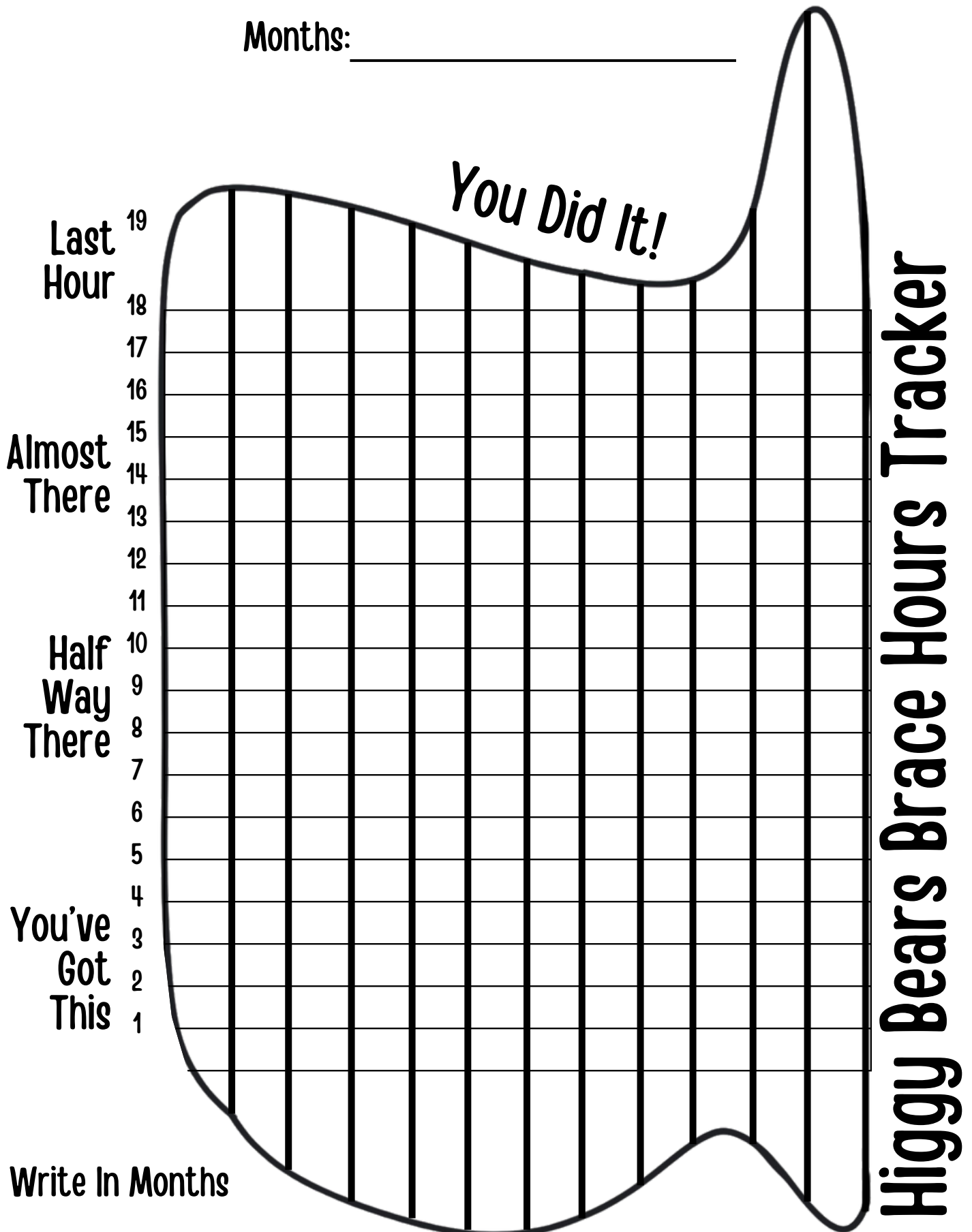
Higgly Bears Brace Hours Tracker

Higgŷ Bears Brace Hours Tracker

12 Month Chart

19

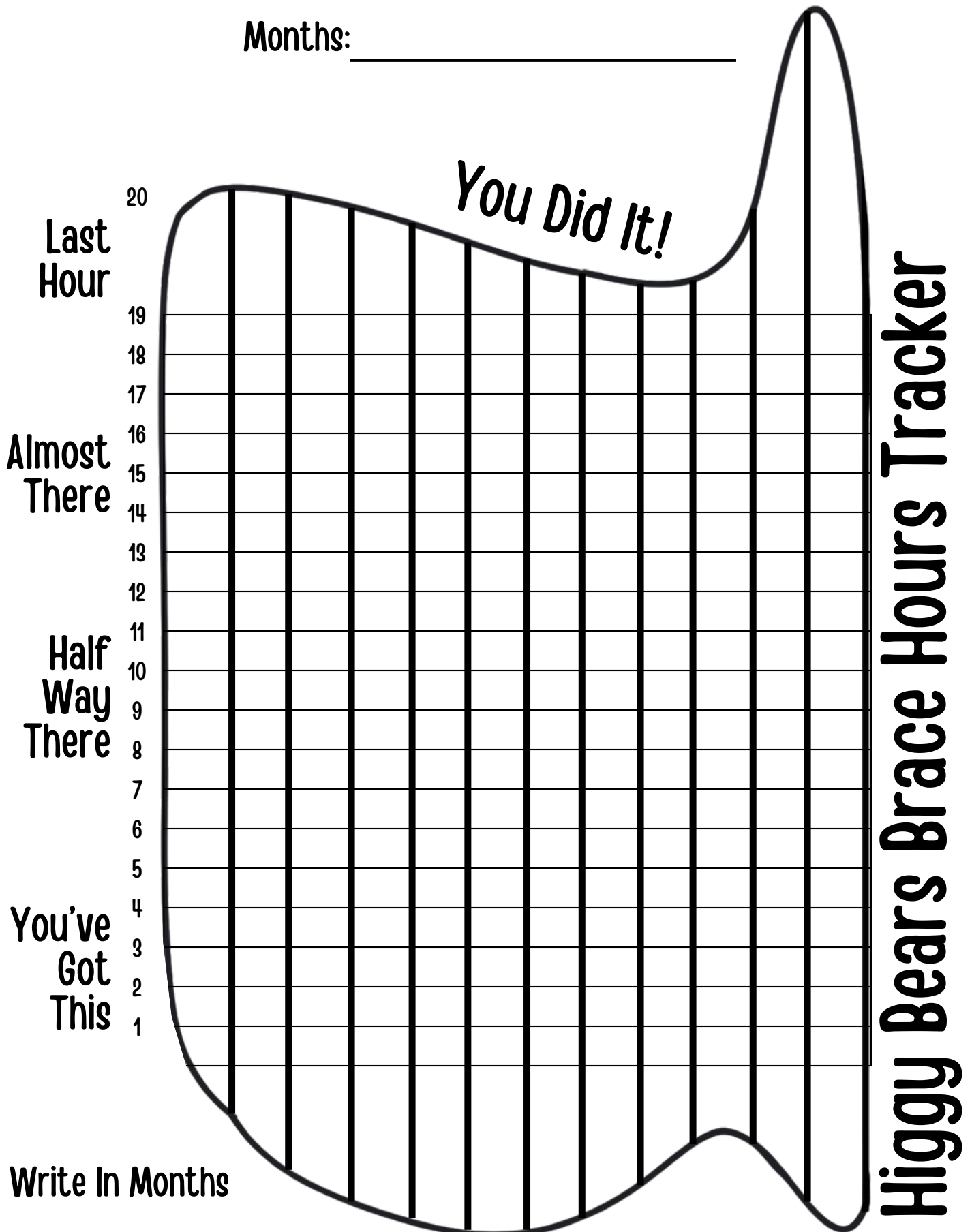
Months: _____



12 Month Chart

20

Months: _____



21

You Did It!

Higgŷ Bears Brace Hours Tracker

Write In Months

12 Month Chart

22

Months: _____

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

Write In Months

Higgly Bears Brace Hours Tracker

12 Month Chart

23

Months: _____

You Did It!

Higgly Bears Brace Hours Tracker

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

Write In Months