Daily Brace Hour Charts

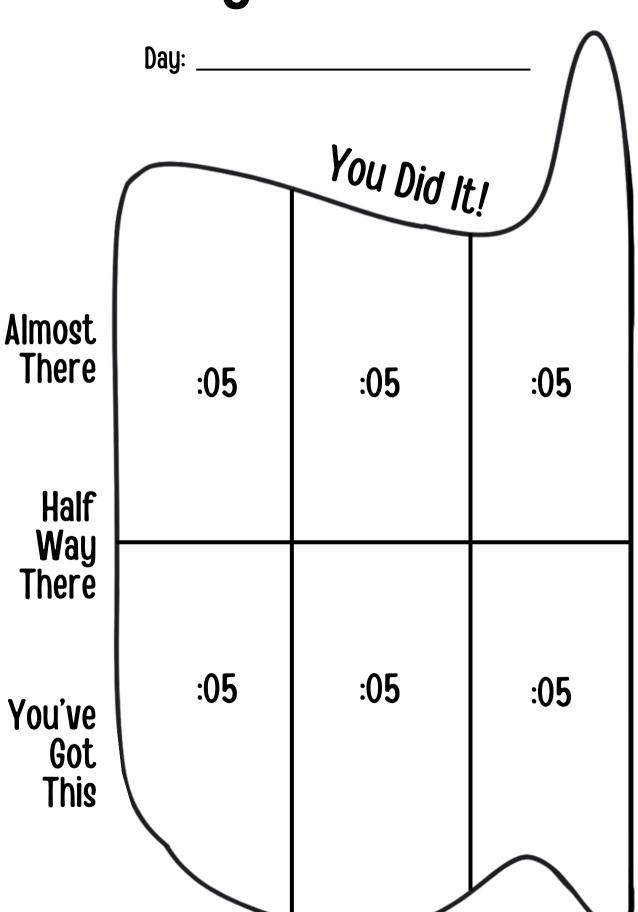
30 Minutes - 23 Hours

Directions: Find the chart the corresponds with your brace hour goal for the day. Color in the sections representing the amount of time you wore your brace. Try to color in the whole sheet if you can. Add your daily hours to your weekly sheet at the end of the week.

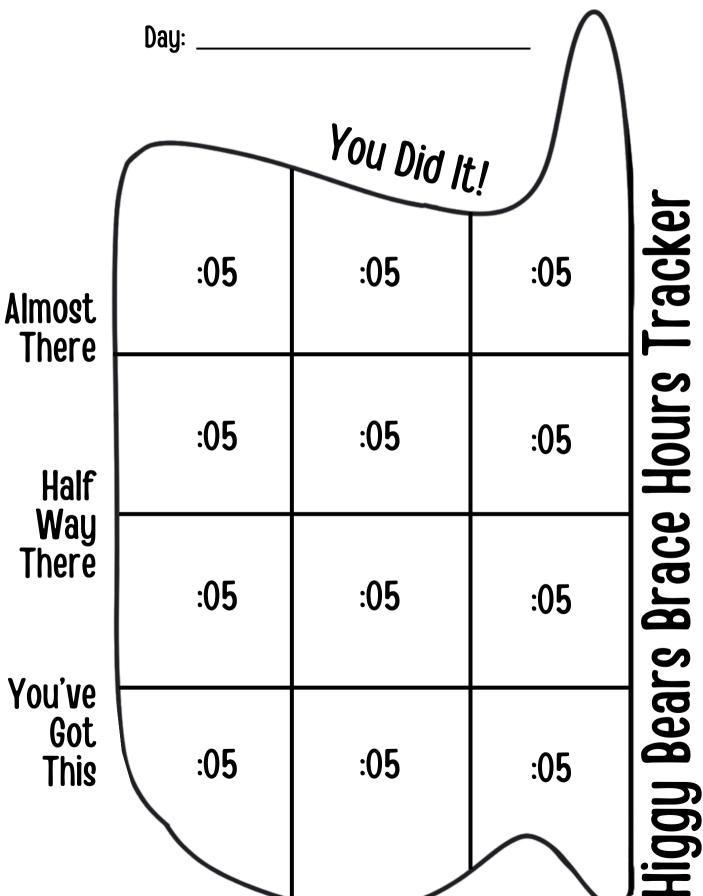
Remember, no one is perfect. You might not fill up your brace every day, but please remember how hard you are trying. Be proud of yourself each day, no matter how many hours you get in. What you're doing is hard, but you've got this! You can do it! You are scoli strong!

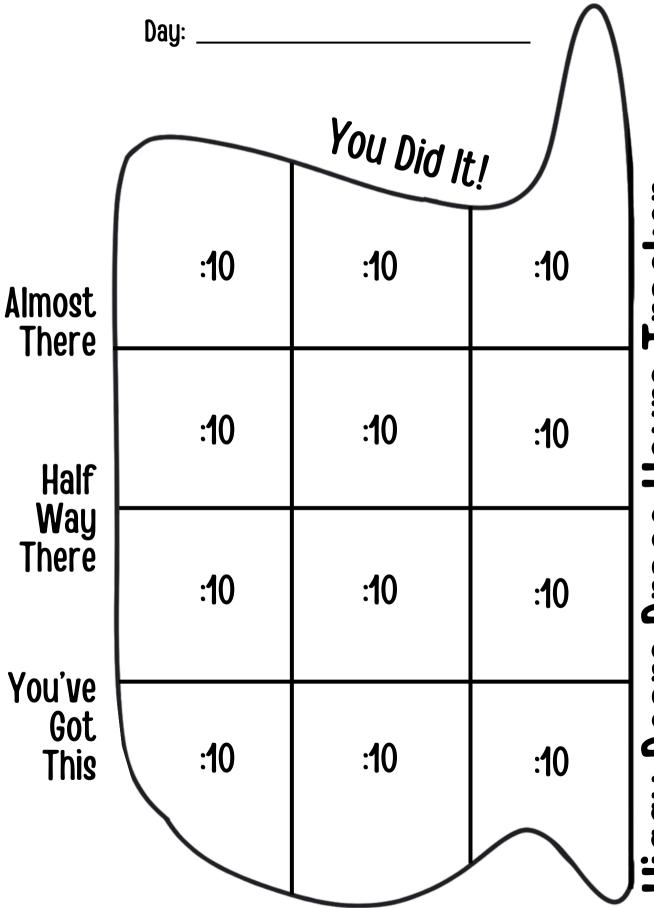
Bent Not Broken



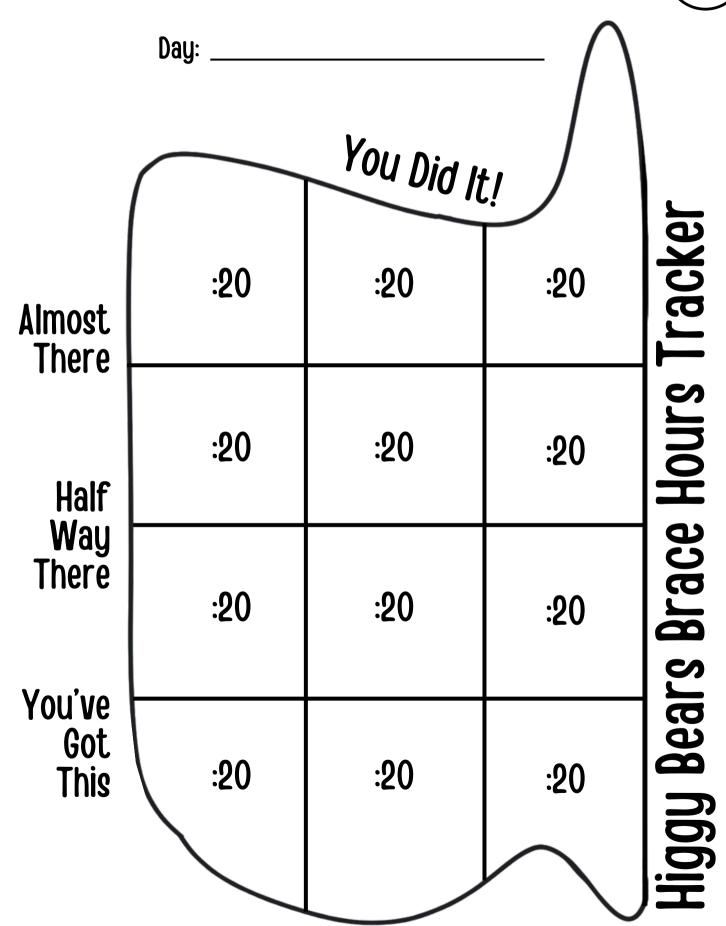




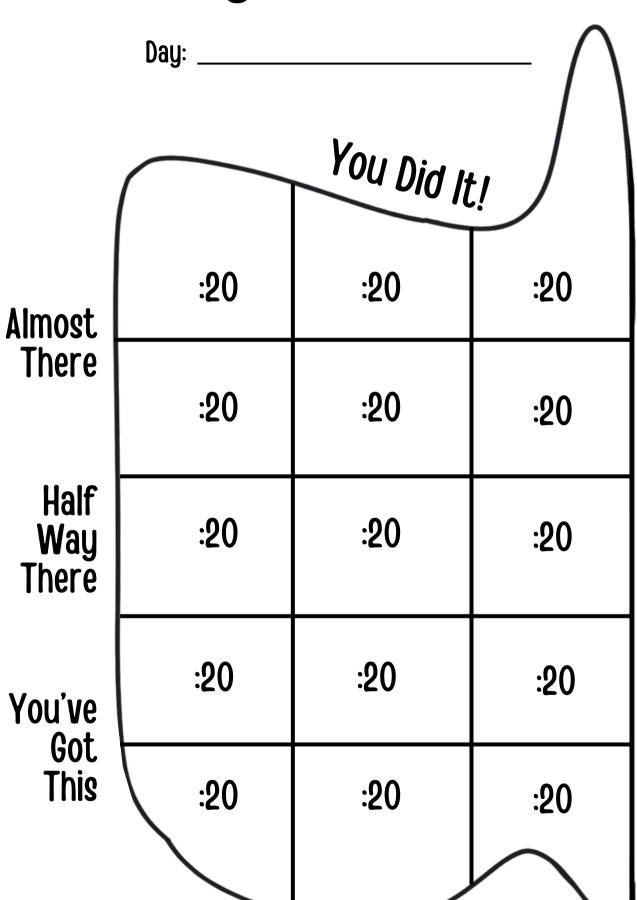


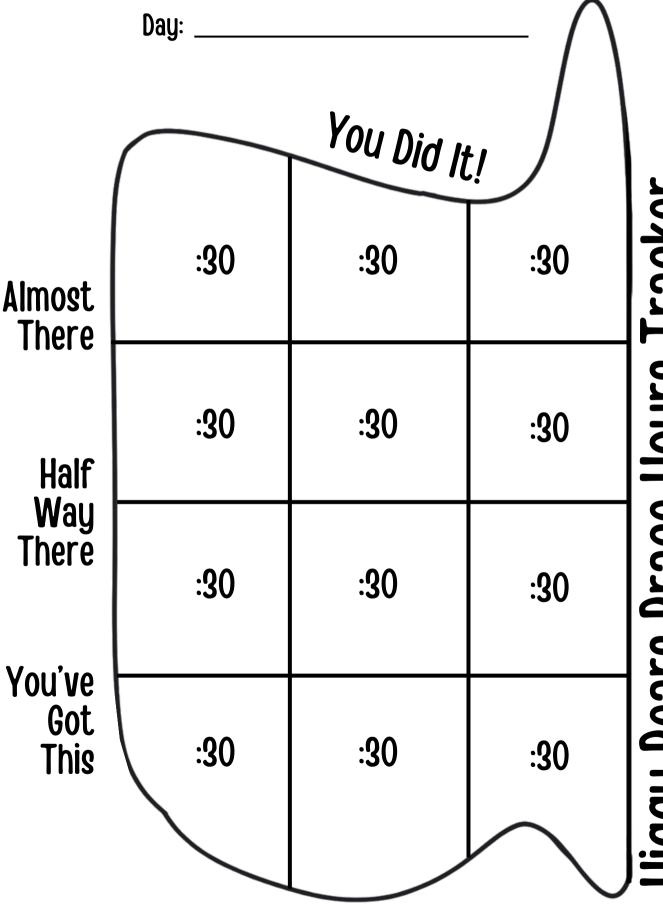


	Day:		$- \cap$	
		You Did It		_
Almost There	:15	:15	:15	Troobor
Half	:15	:15	:15	
Way There	:15	:15	:15	
You've Got This	:15	:15	:15	Door Door

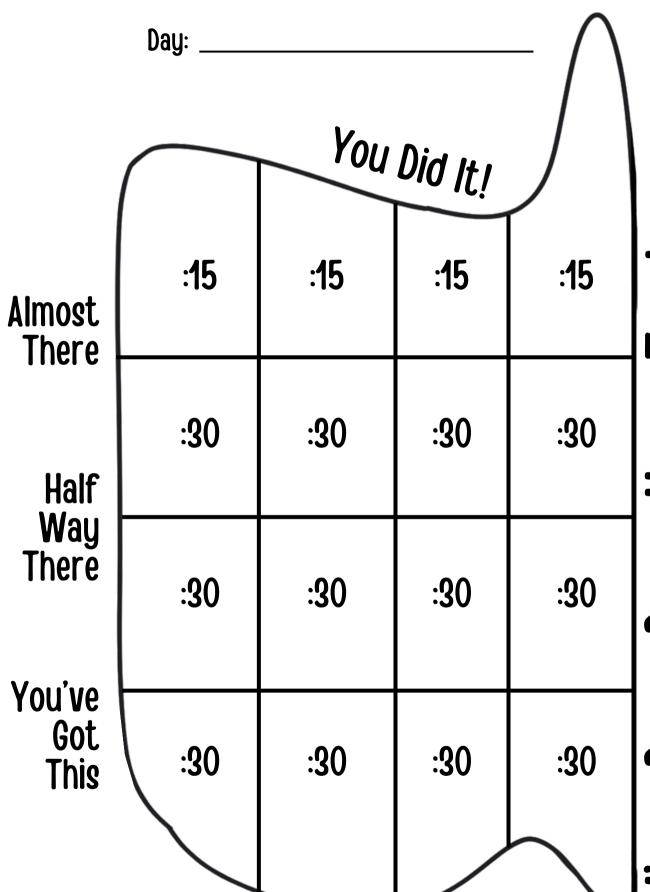


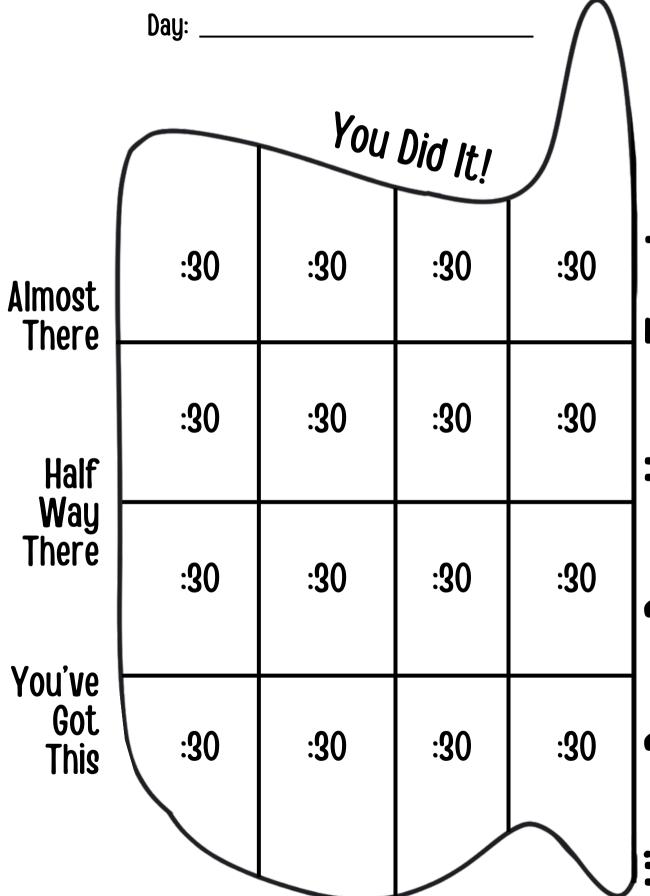
Tracker
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Brace
Bears
Higgy



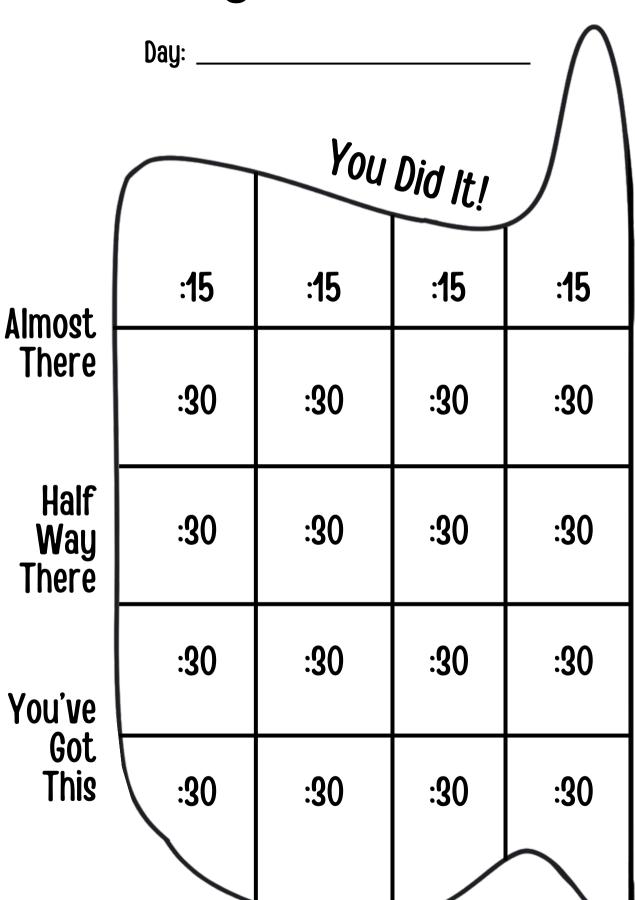






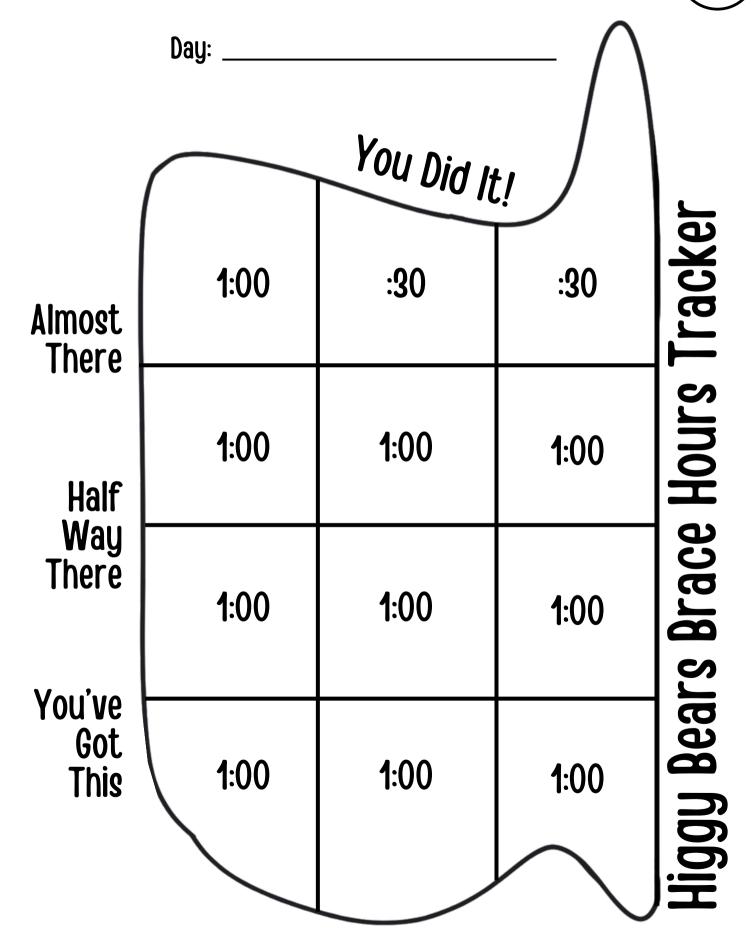


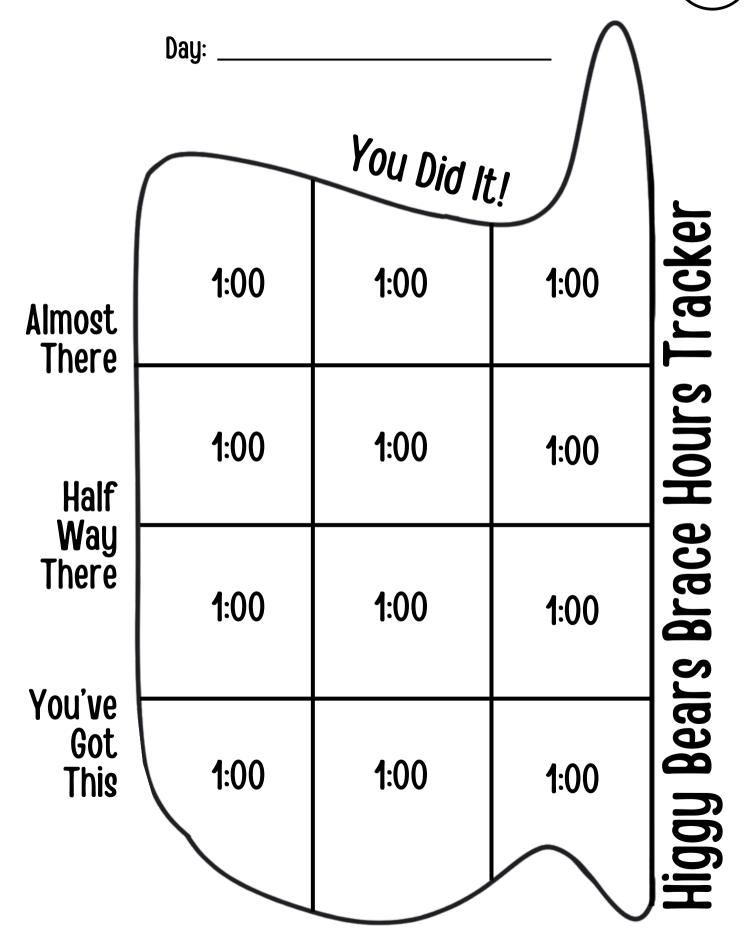
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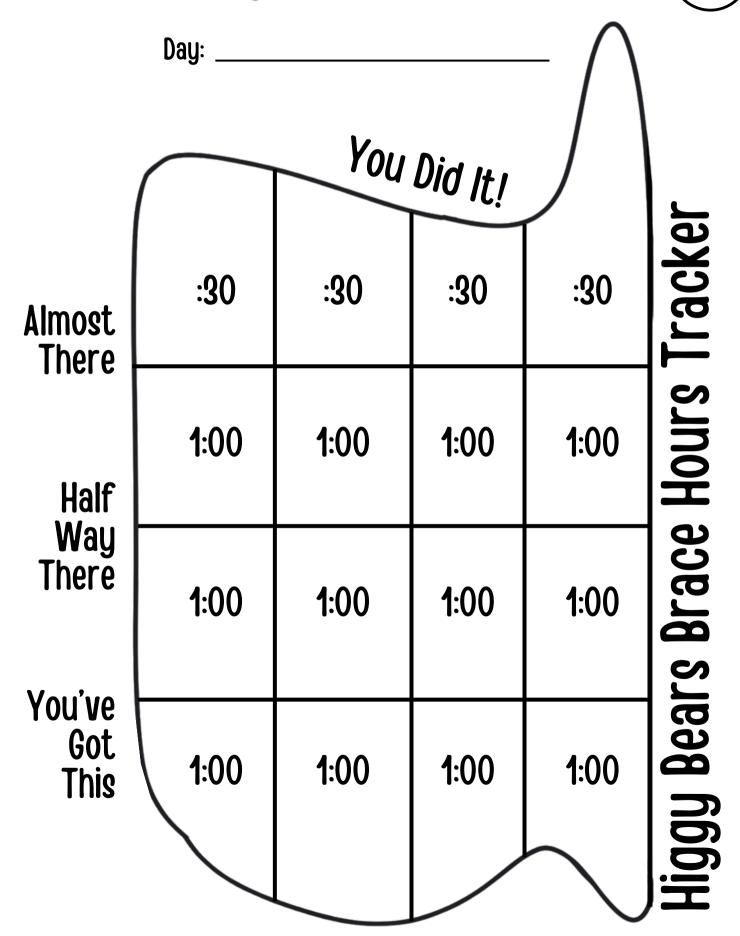
10

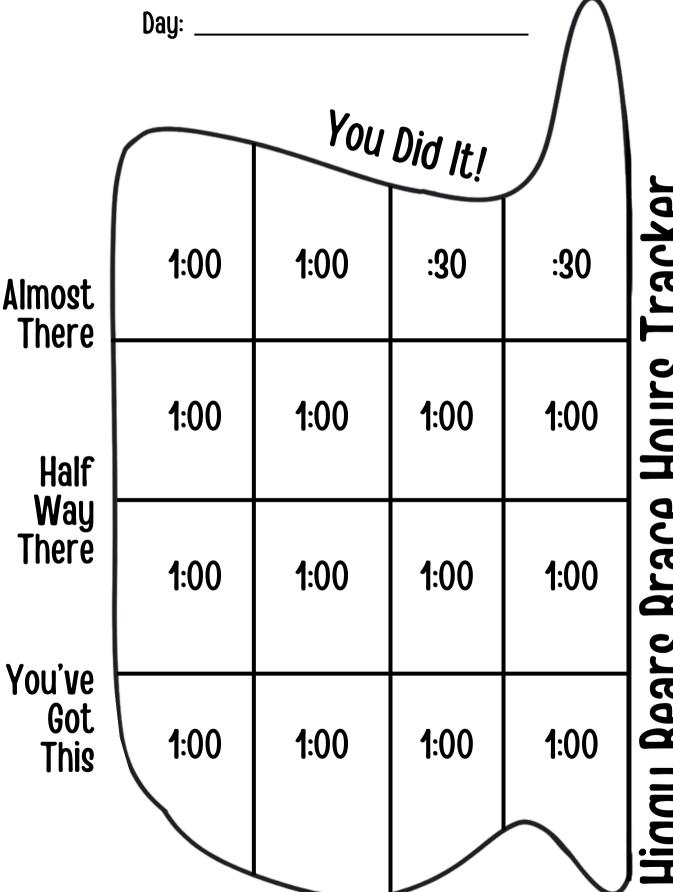
	Day:			$ \bigwedge$
		You	Did It!	
Almost	:30	:30	:30	:30
There	:30	:30	:30	:30
Half Way There	:30	:30	:30	:30
You've	:30	:30	:30	:30
Got This	:30	:30	:30	:30

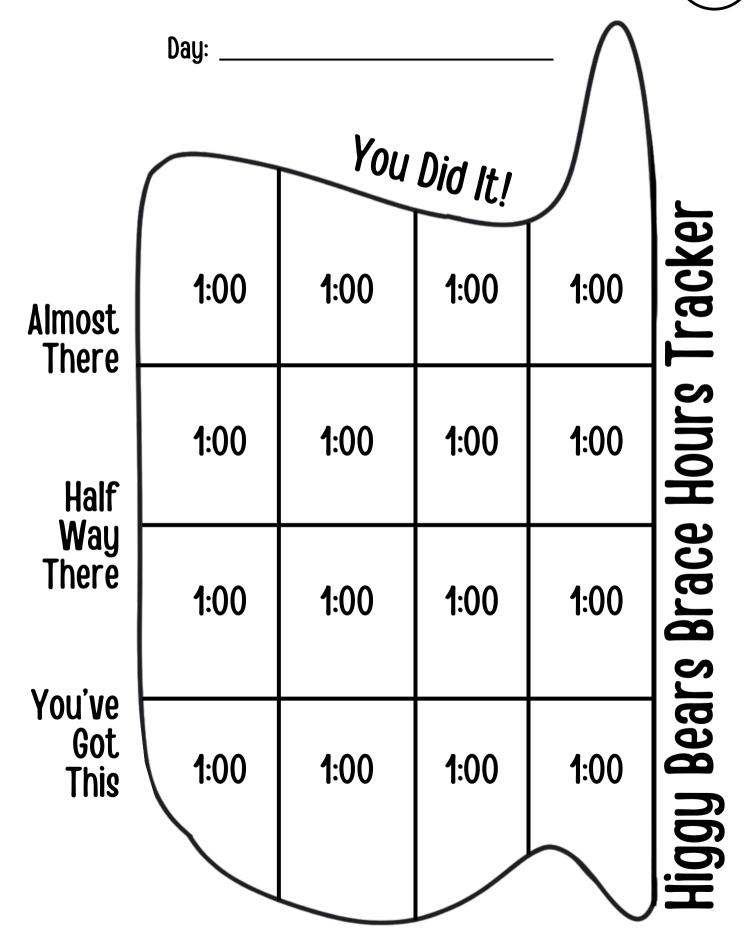




	Day:			$- \cap$	
		You	Did It!		_
Almost There	:30	:30	:30	:30	Tracke
Half	:30	:30	1:00	1:00	ace Hours Tracker
W ay There	1:00	1:00	1:00	1:00	
You've Got This	1:00	1:00	1:00	1:00	iggy Bears B
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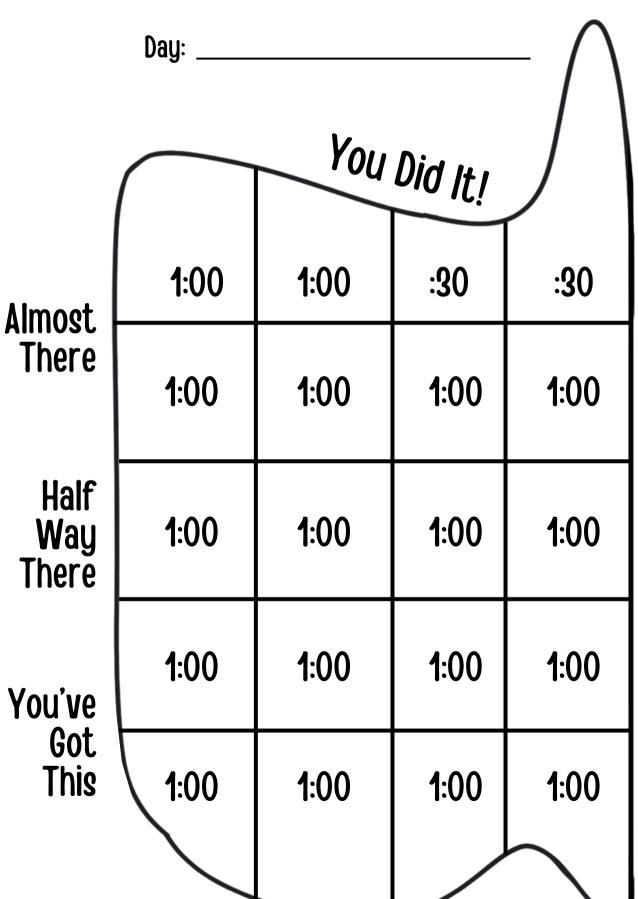
Tracker
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	Day:			- /
		You	Did It!	
Almost	:30	:30	:30	:30
There	:30	:30	1:00	1:00
Half Way There	1:00	1:00	1:00	1:00
You've	1:00	1:00	1:00	1:00
Got This	1:00	1:00	1:00	1:00

Tracker
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	Day:			- /	
		You	Did It!		
Almost	:30	:30	:30	:30	
There	1:00	1:00	1:00	1:00	
Half Way There	1:00	1:00	1:00	1:00	1
You've	1:00	1:00	1:00	1:00	
Got This	1:00	1:00	1:00	1:00	

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	Day:			-
		You	Did It!	
Almost	1:00	1:00	1:00	1:00
There	1:00	1:00	1:00	1:00
Half Way There	1:00	1:00	1:00	1:00
You've	1:00	1:00	1:00	1:00
Got This	1:00	1:00	1:00	1:00

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	Day:			- /
		You	Did It!	
Almost There	:30	:30	:30	:30
	:30	:30	1:00	1:00
Half Way There	1:00	1:00	1:00	1:00
	1:00	1:00	1:00	1:00
You've Got This	1:00	1:00	1:00	1:00
	1:00	1:00	1:00	1:00

22

	Day:			$- \cap$	
		You	Did It!	$\int \int \int \int dx dx$	
11	:30	:30	:30	:30	
Almost There	1:00	1:00	1:00	1:00	
Half Way There	1:00	1:00	1:00	1:00	
	1:00	1:00	1:00	1:00	
You've Got This	1:00	1:00	1:00	1:00	
	1:00	1:00	1:00	1:00	1

23

	Day:			$- \cap$	
		You	Did It!	$\int \int$	
	1;00	1:00	:30	:30	
Almost There	1:00	1:00	1:00	1:00	
Half Way There	1:00	1:00	1:00	1:00	
	1:00	1:00	1:00	1:00	
You've Got	1:00	1:00	1:00	1:00	
This	1:00	1:00	1:00	1:00	
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