

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

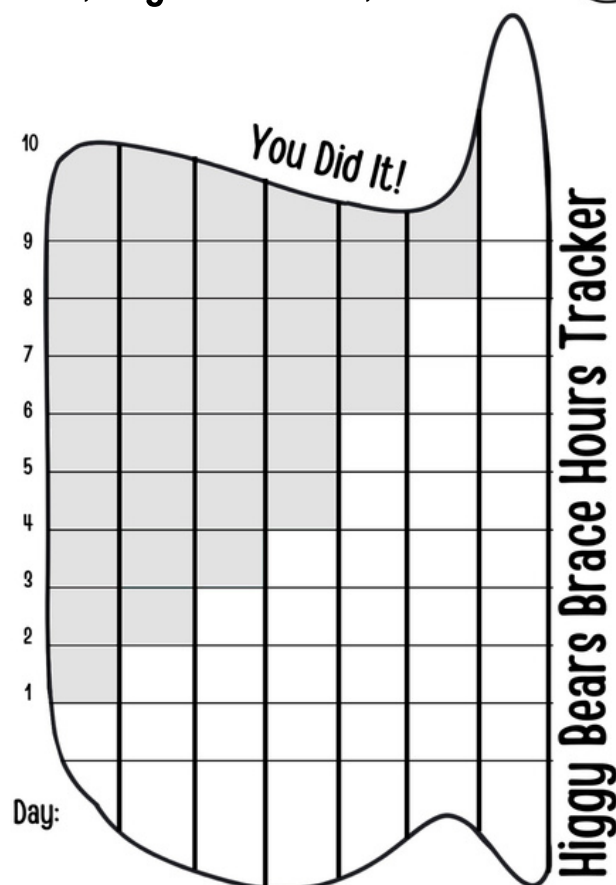
Brace Hours Build-Up Example

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.

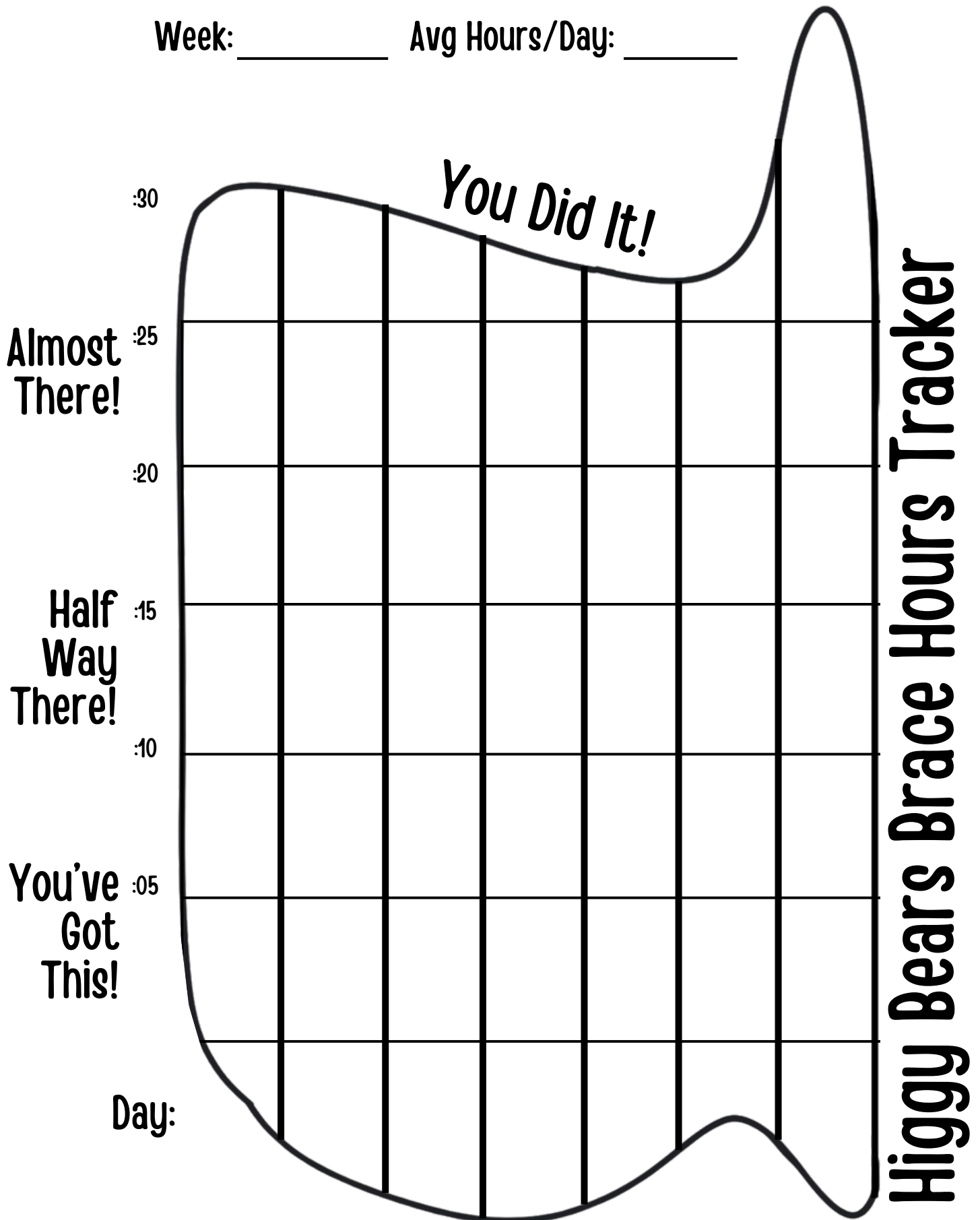


Hours planned
to wear your
brace (in
white) to color
in as you go.

Weekly Brace Hours

:30

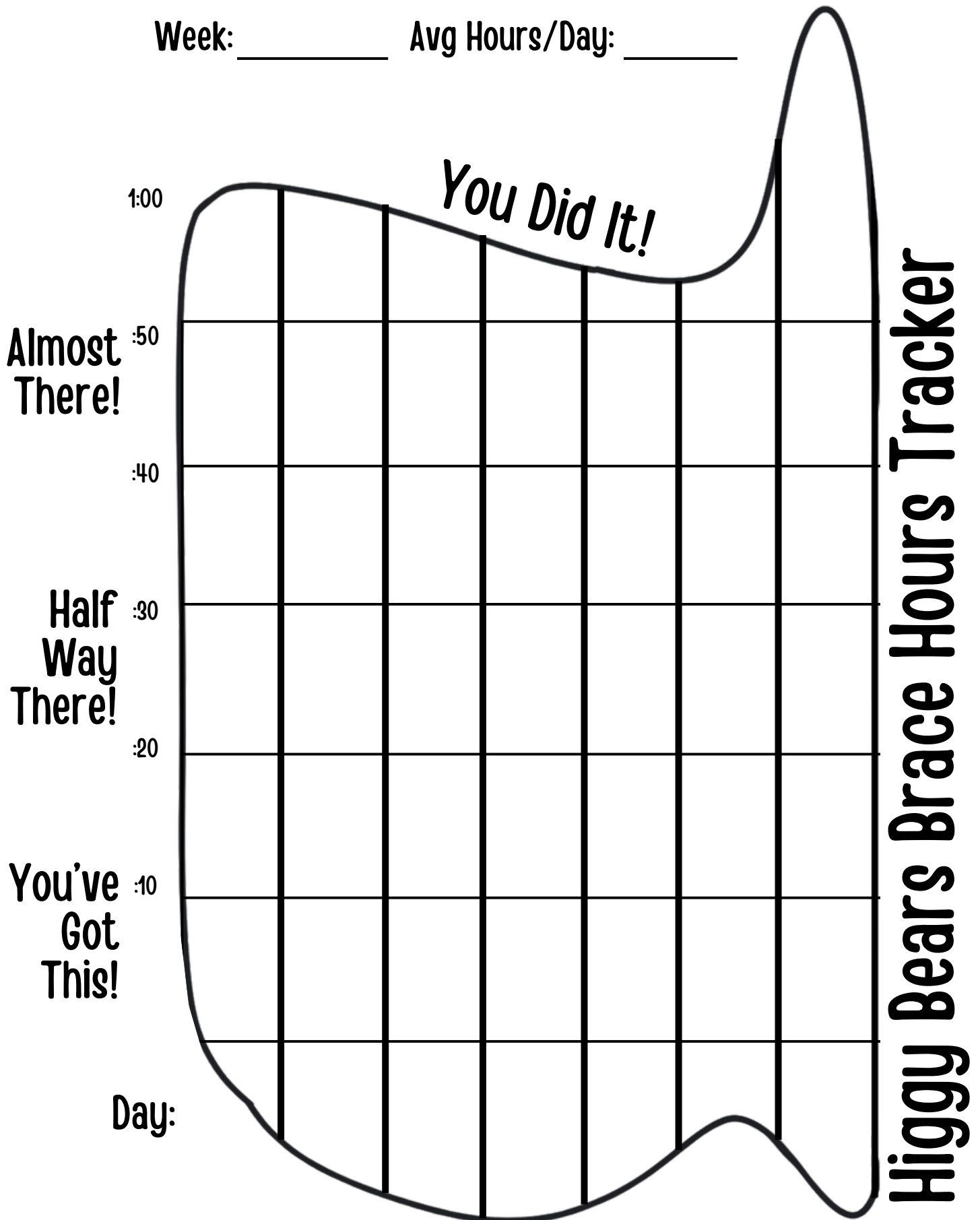
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

1

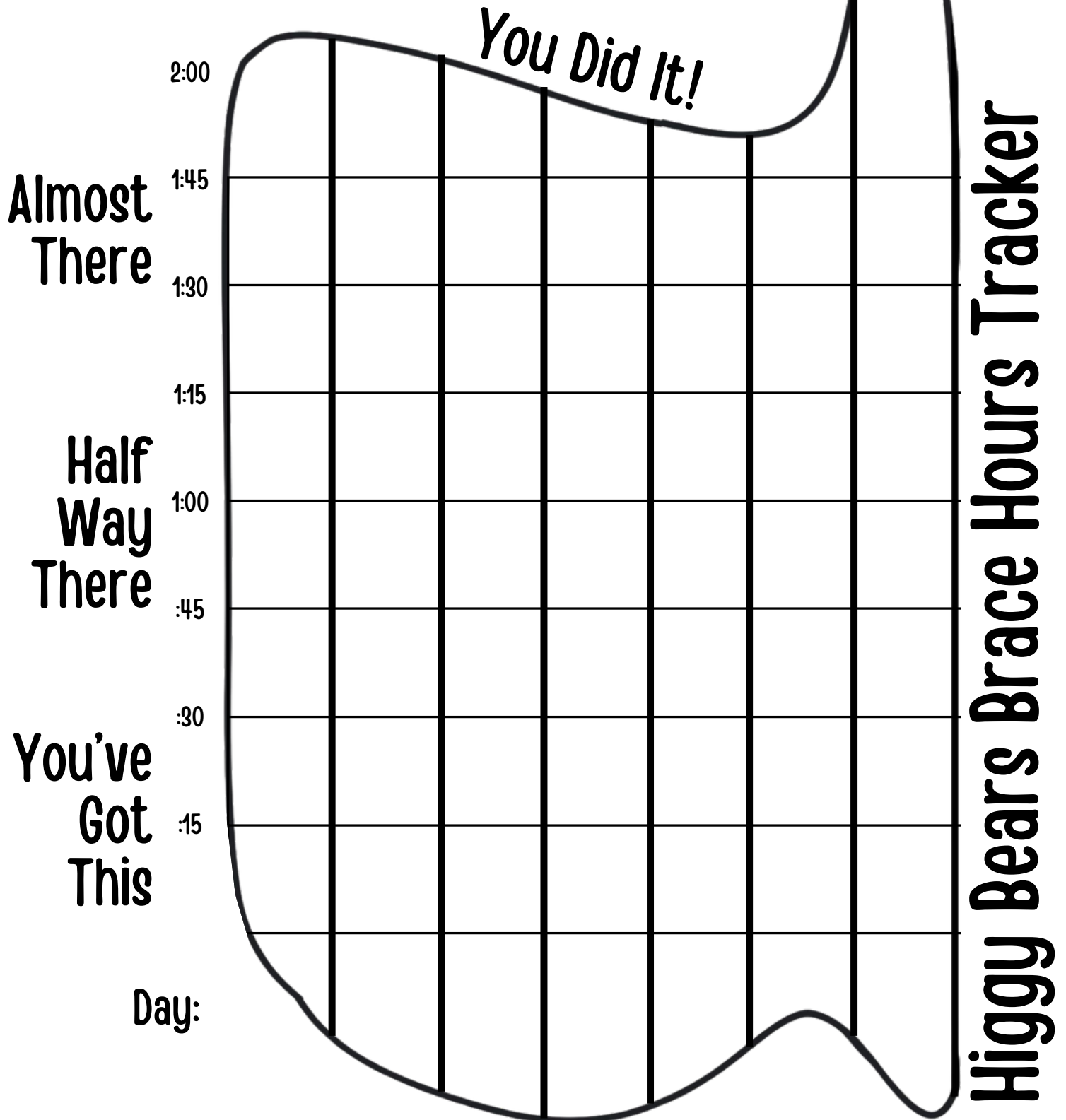
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

2

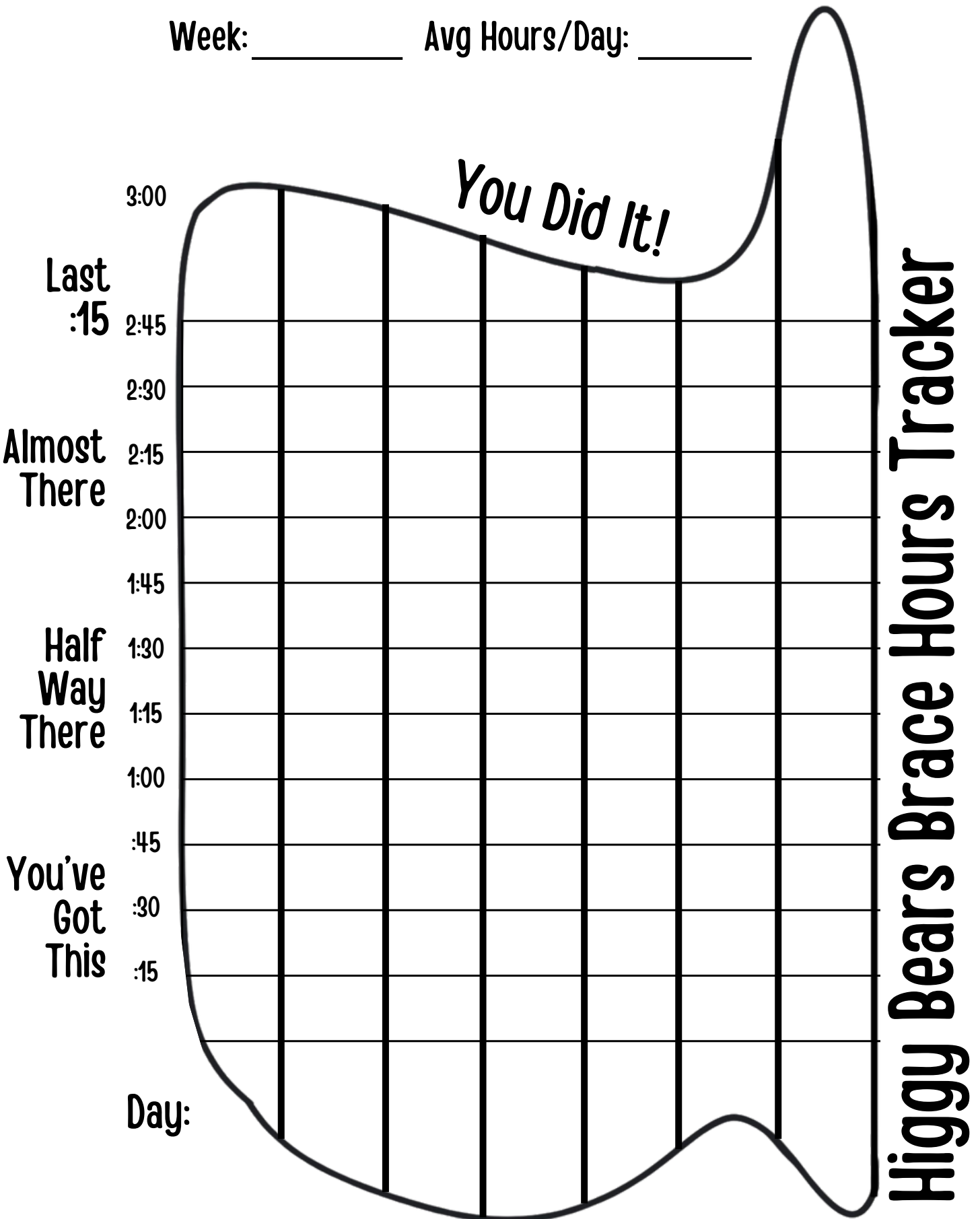
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

3

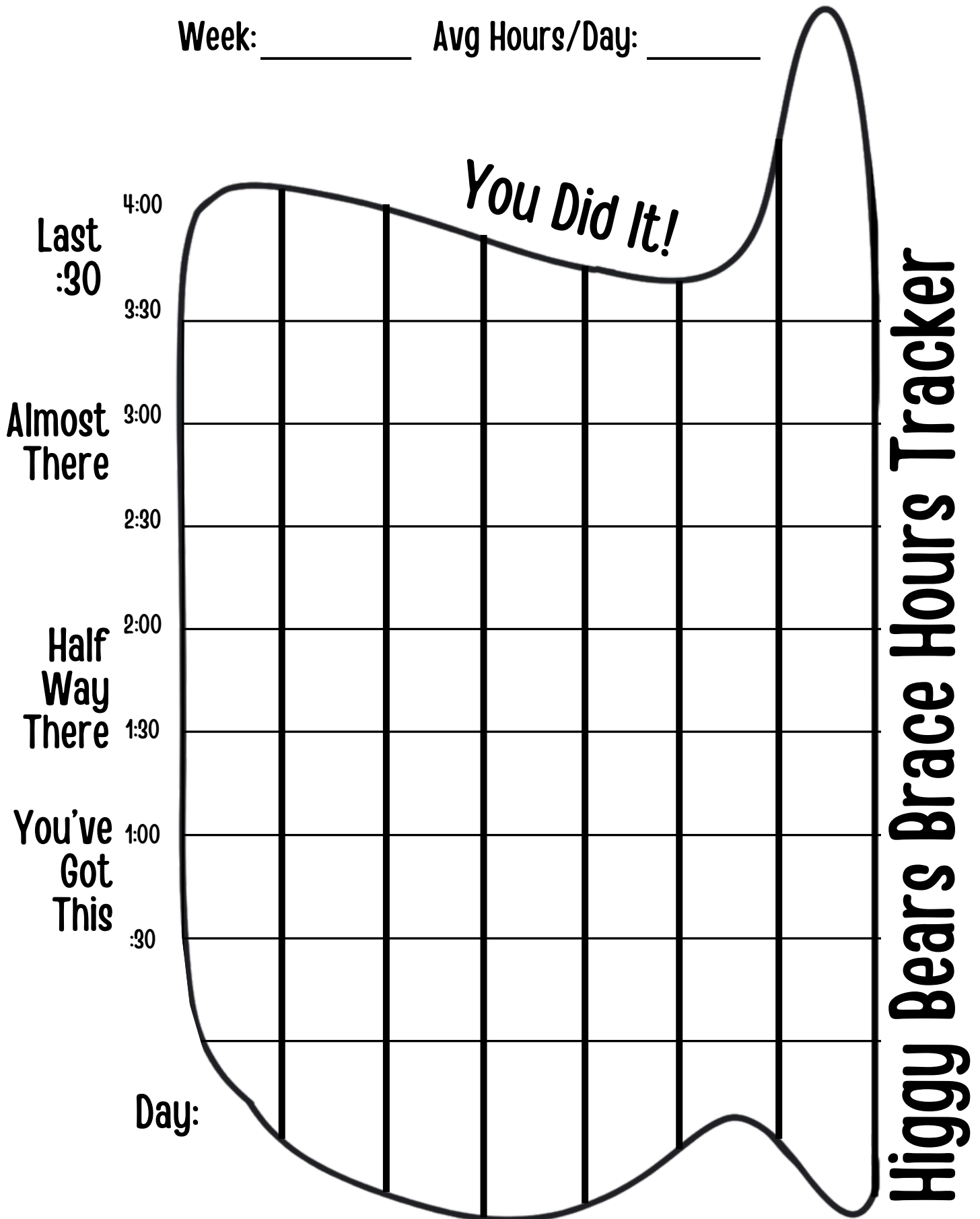
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

4

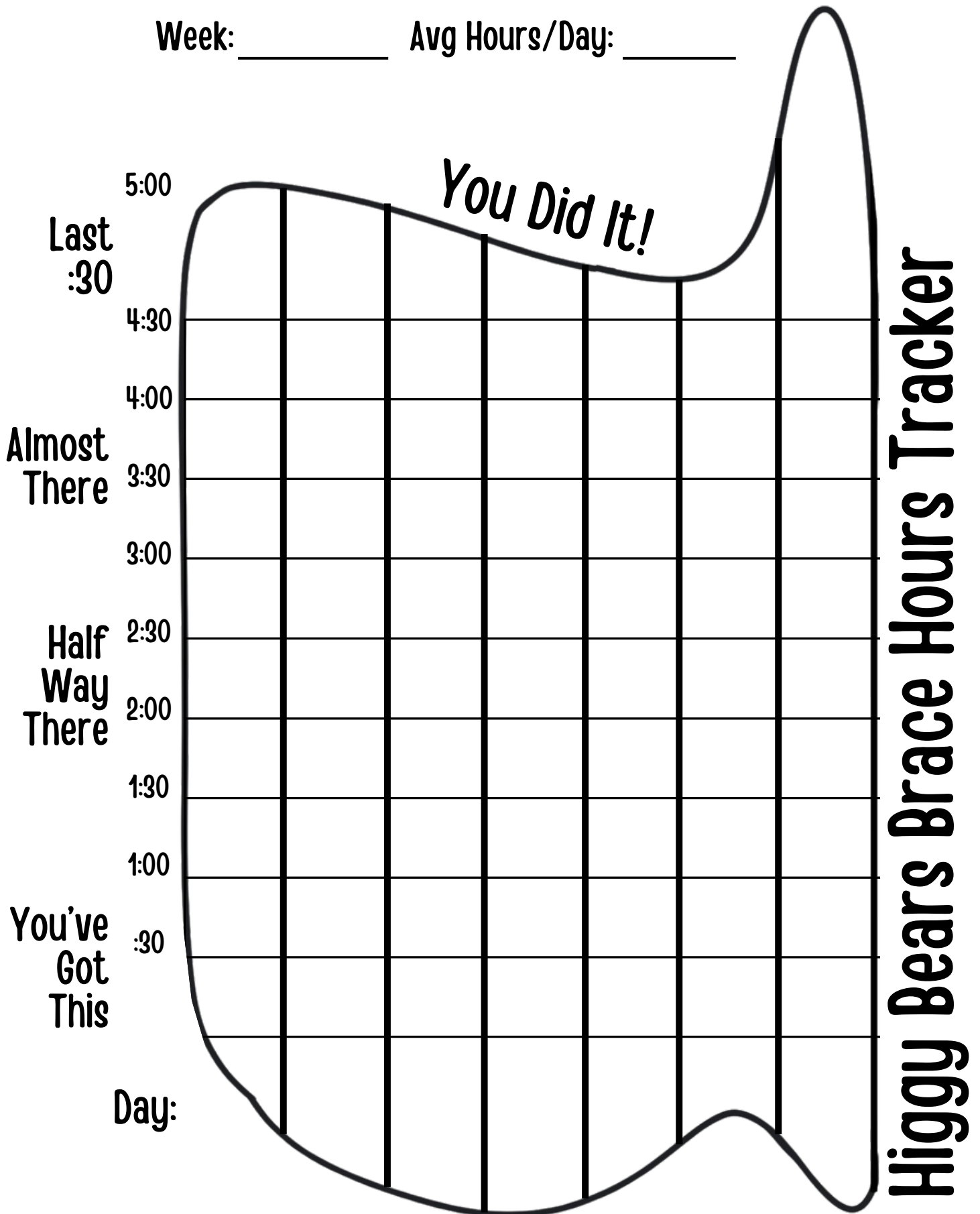
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

5

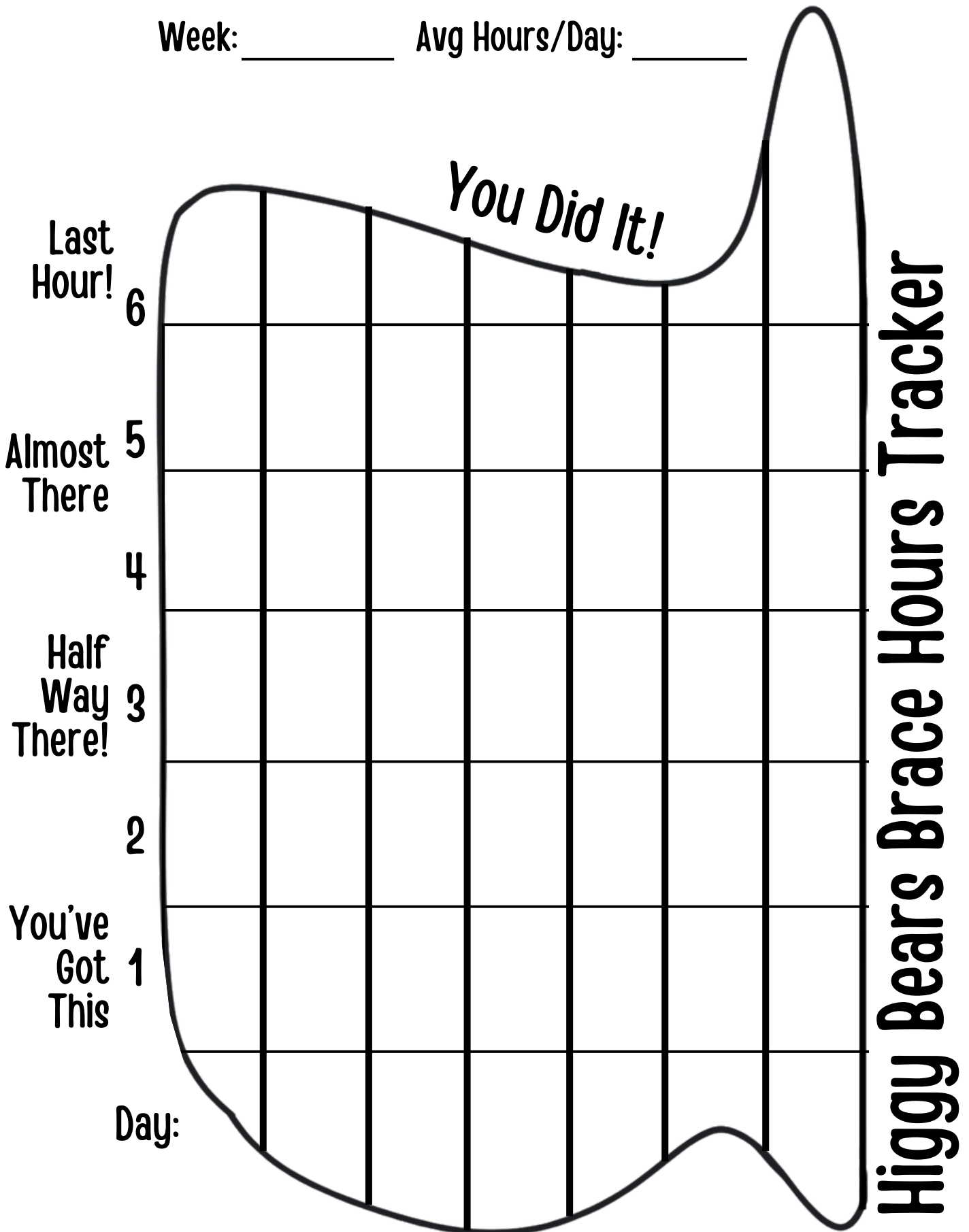
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

6

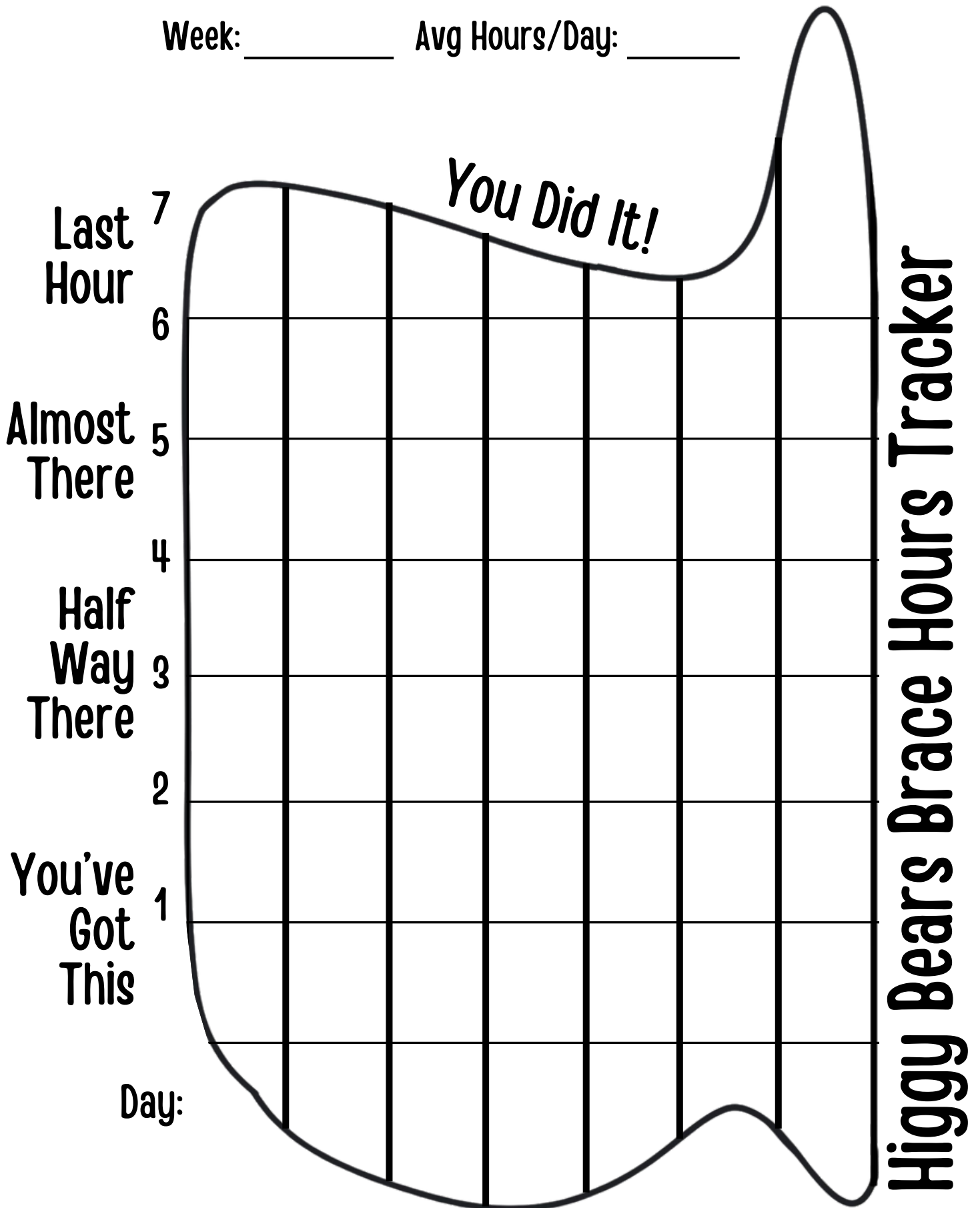
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

7

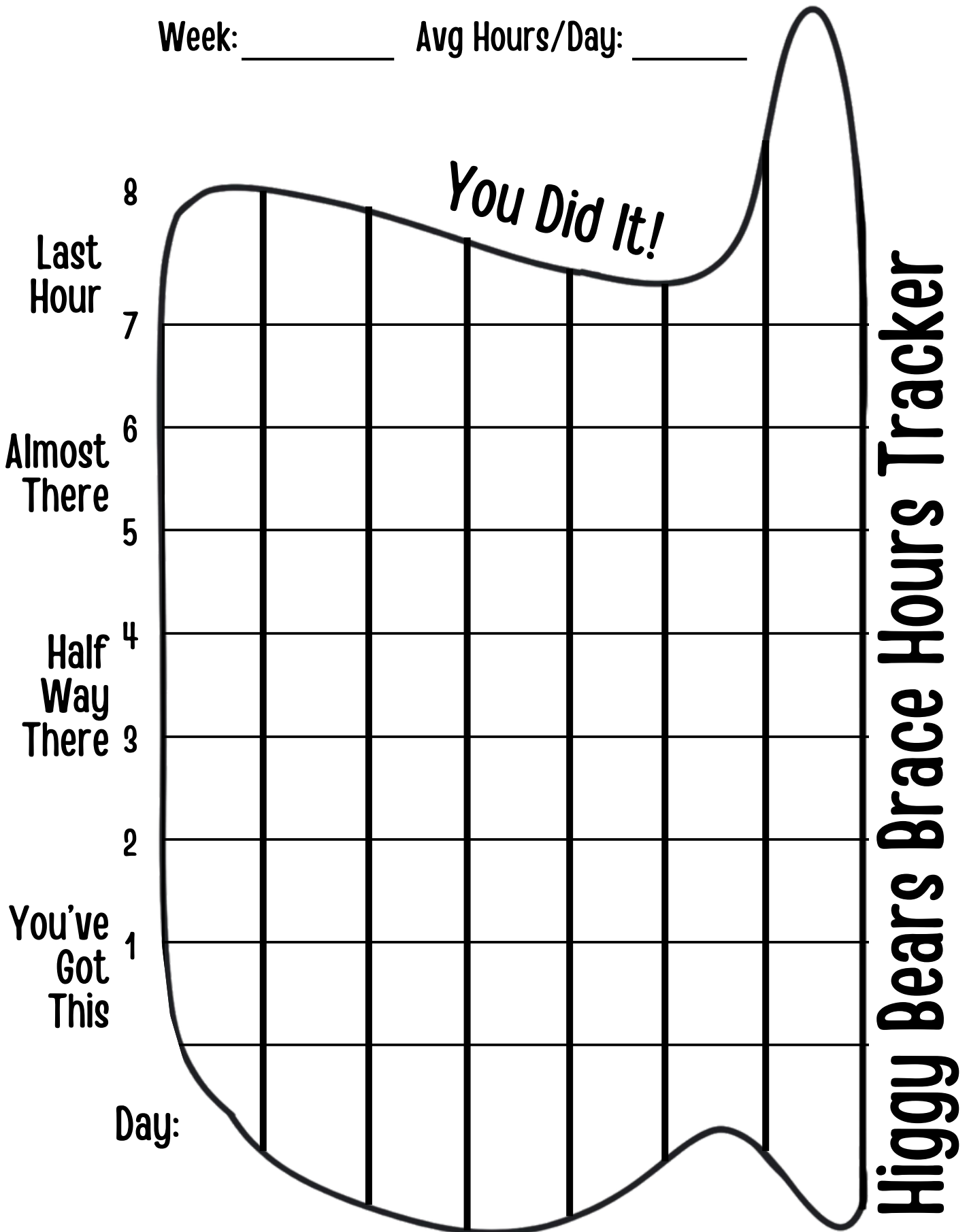
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

8

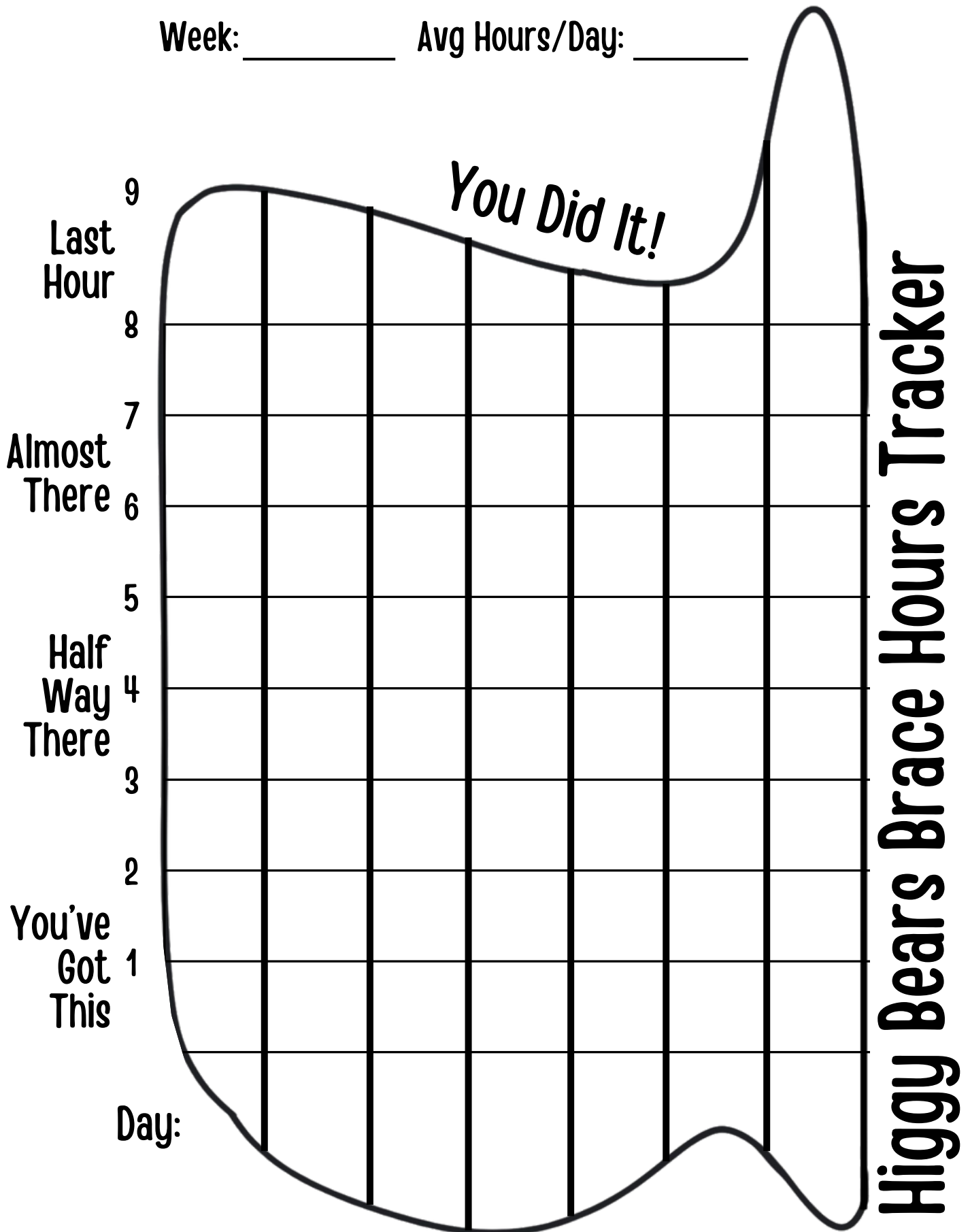
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

9

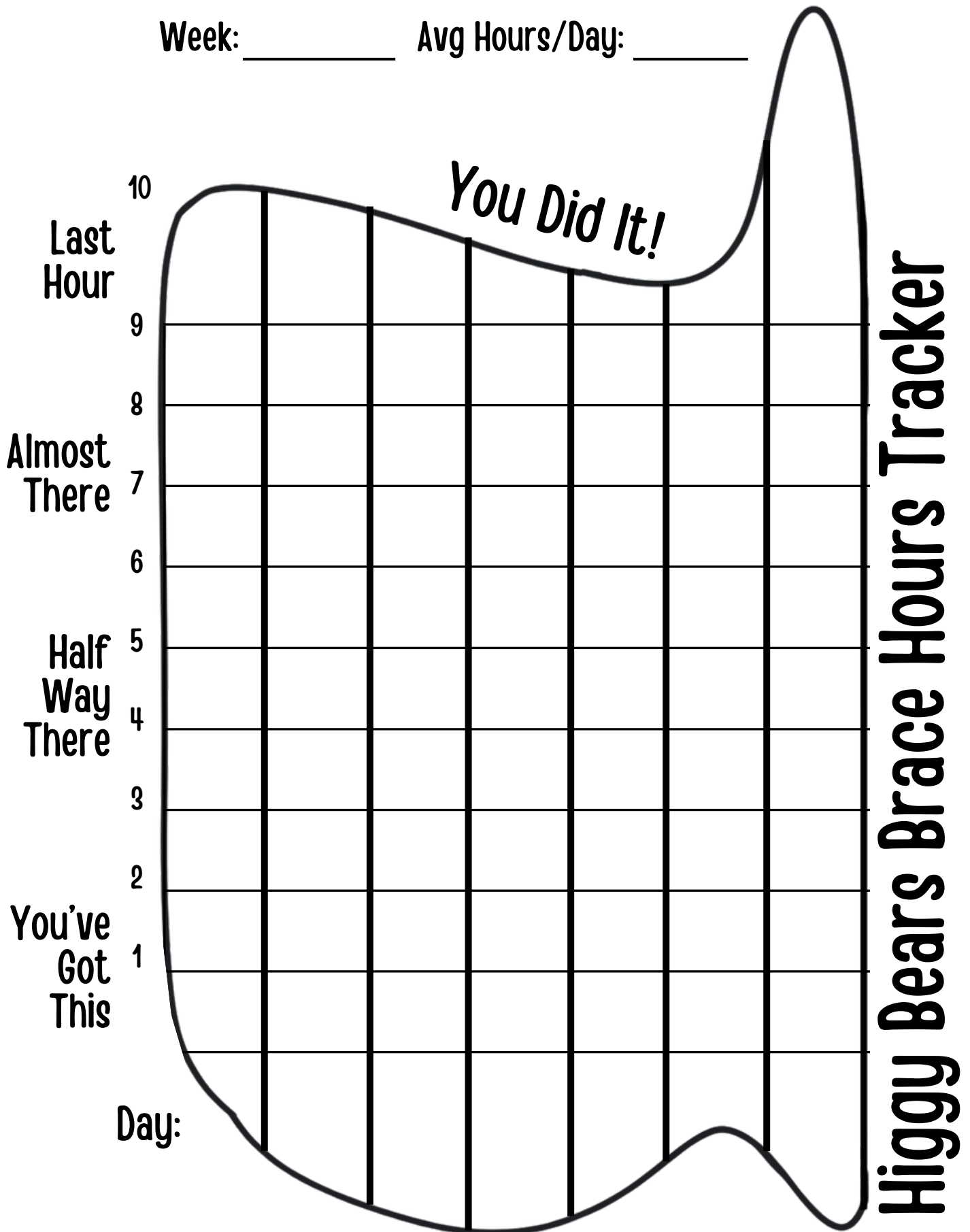
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

10

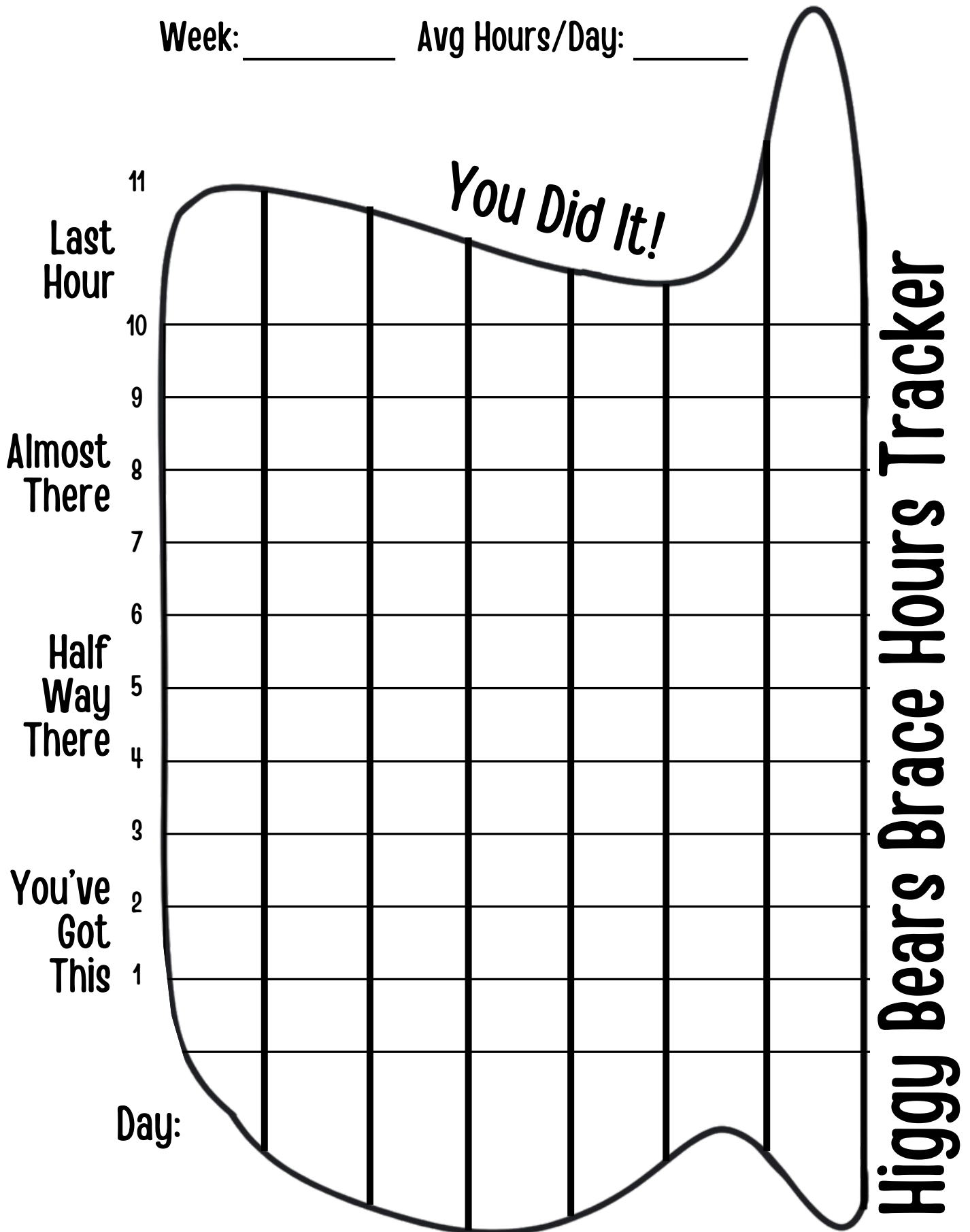
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

11

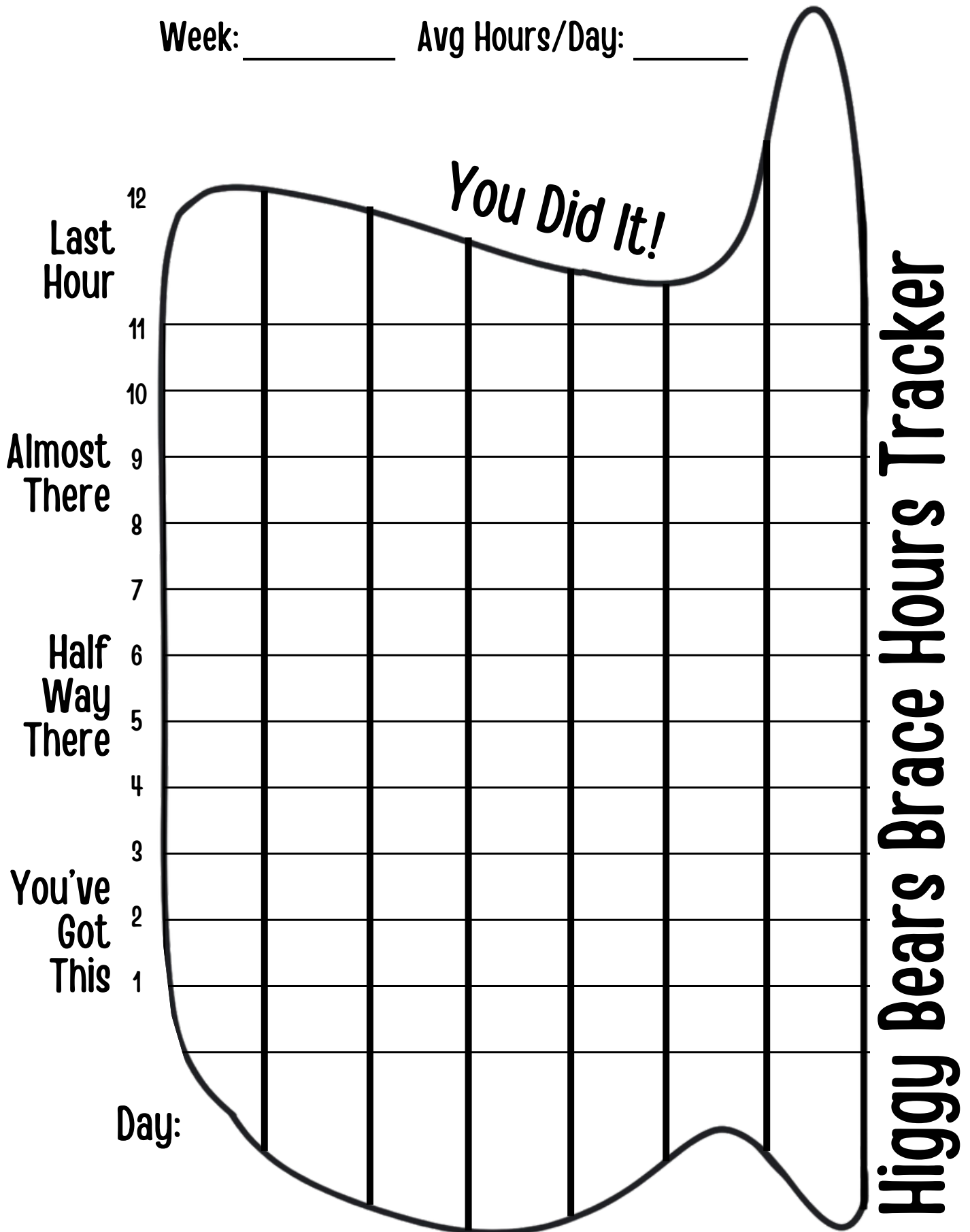
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

12

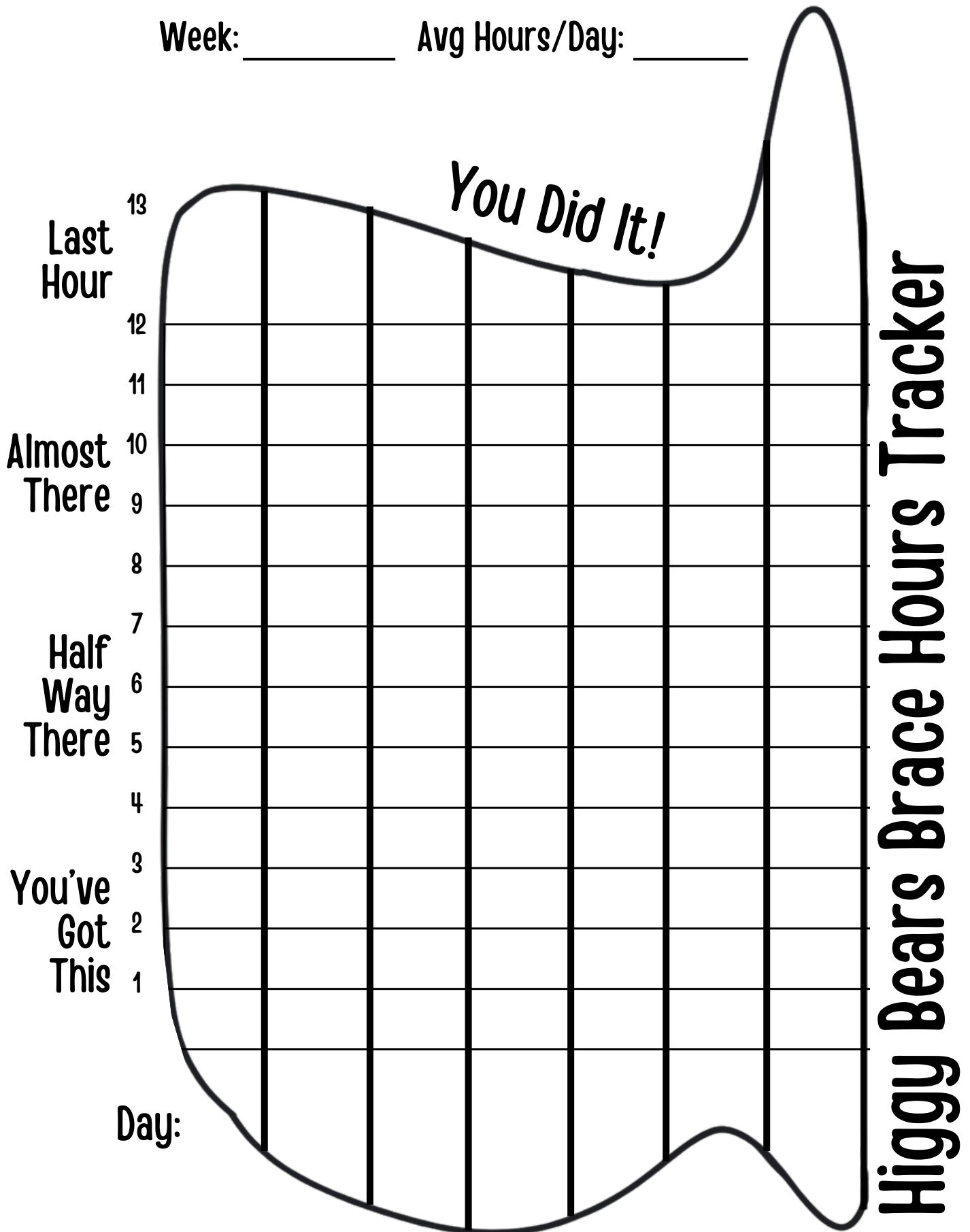
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

13

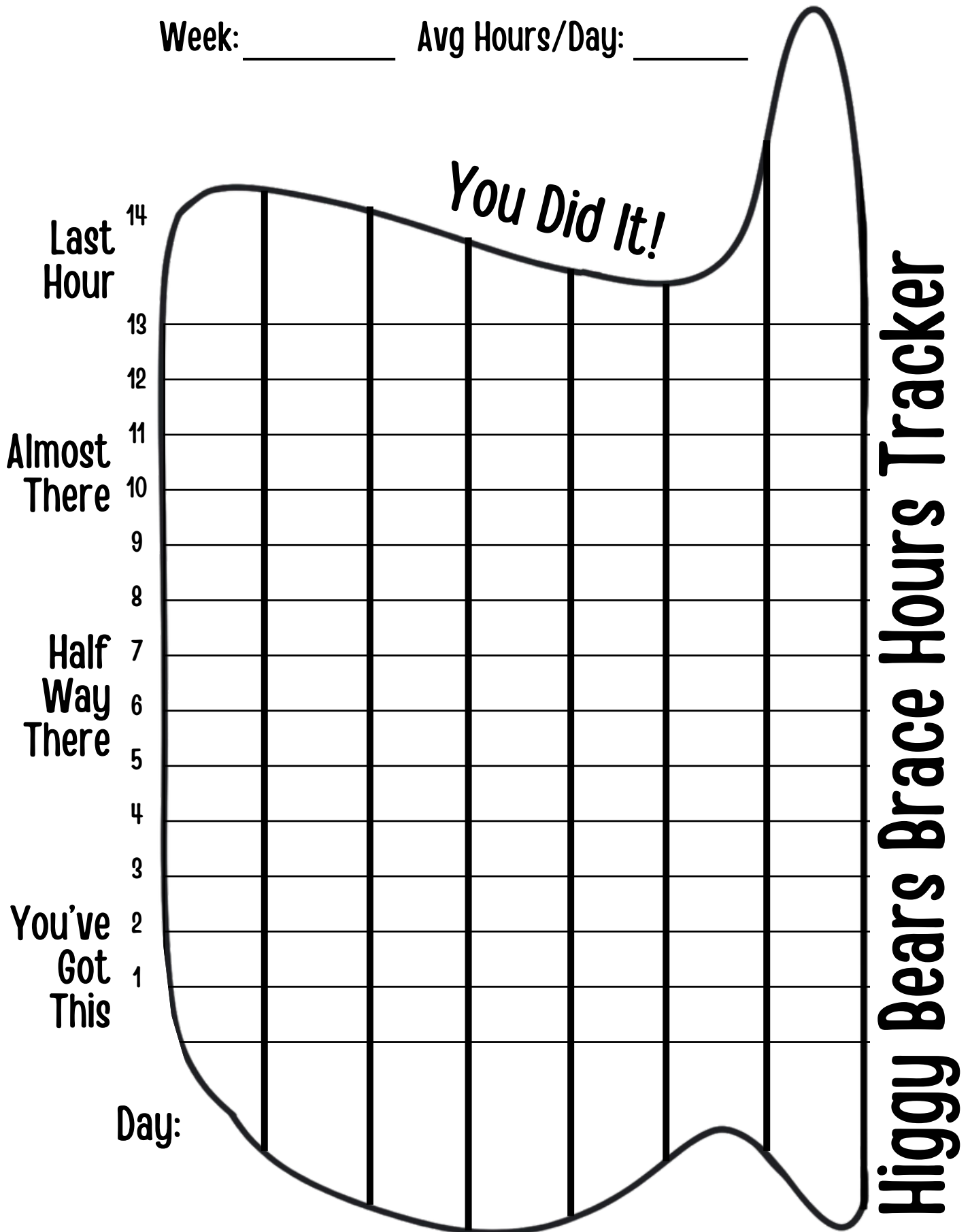
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

14

Week: _____ Avg Hours/Day: _____



15

Week: _____ Avg Hours/Day: _____

You Did It!

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

Day: _____

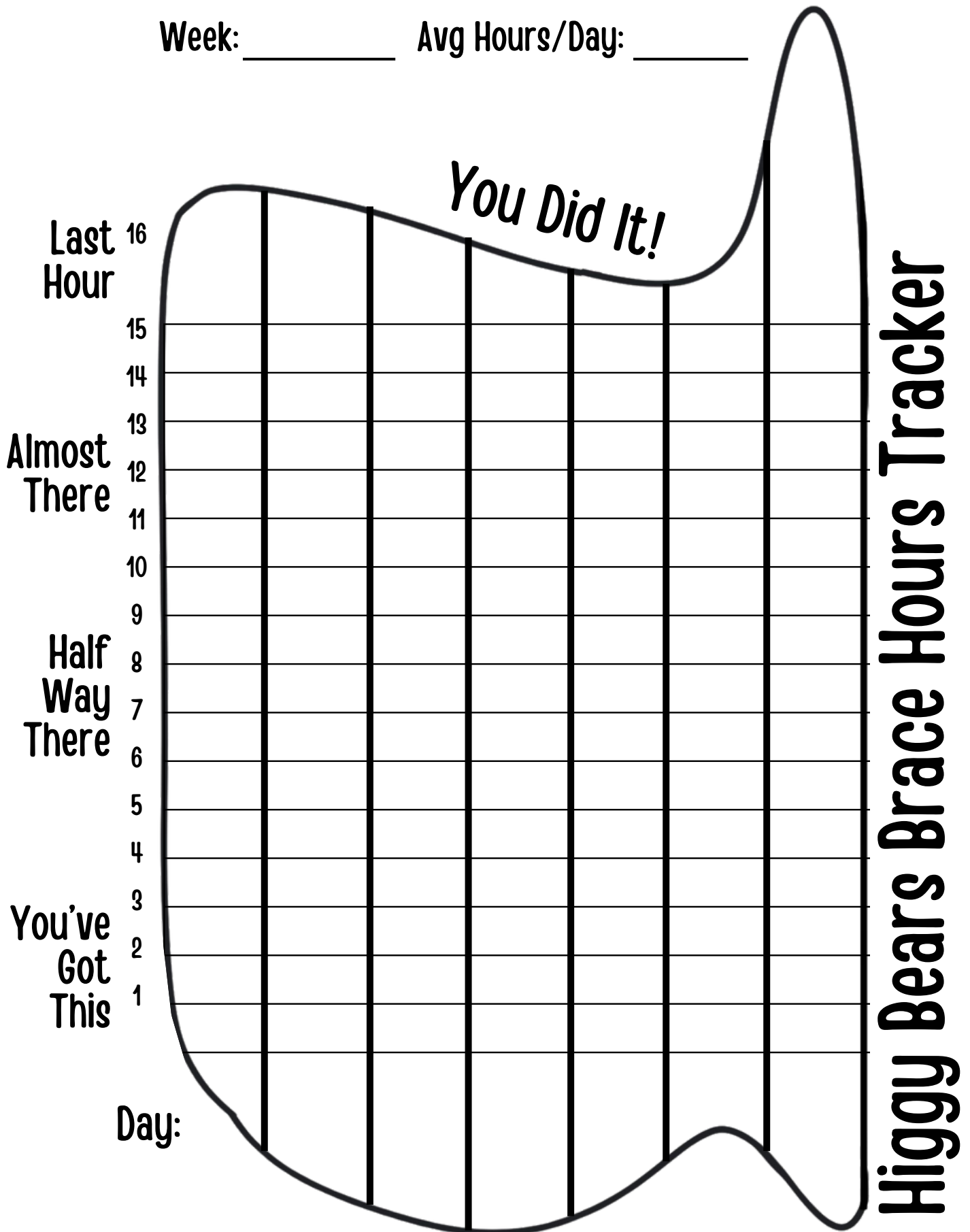
Higgly Bears Brace Hours Tracker

Higgŷ Bears Brace Hours Tracker

Weekly Brace Hours

16

Week: _____ Avg Hours/Day: _____



17

Week: _____ Avg Hours/Day: _____

You Did It!

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

Day: _____

Higgly Bears Brace Hours Tracker

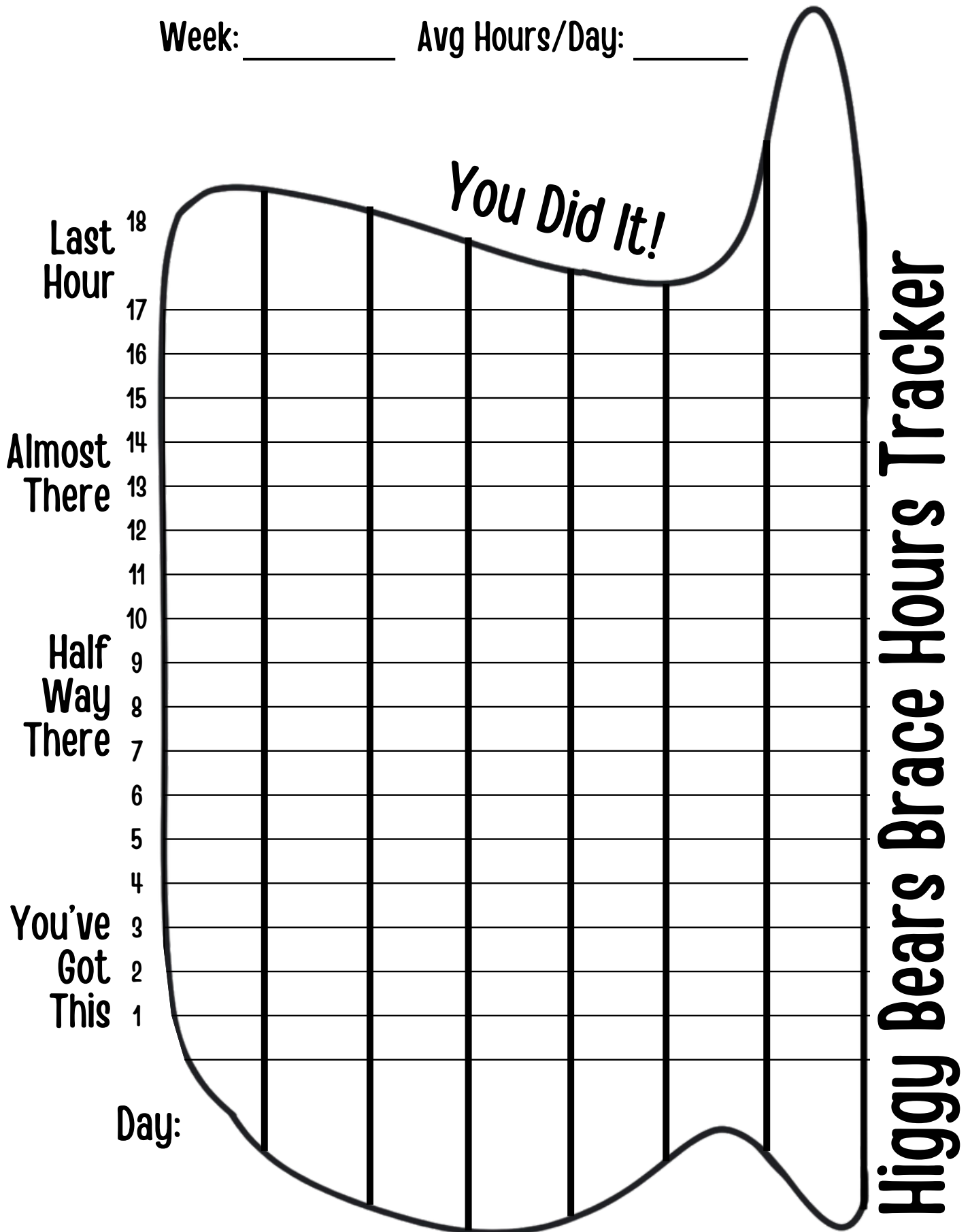
Day	Hours
1	1
2	17
3	16.5
4	17
5	16.5
6	17
7	17

Higgŷ Bears Brace Hours Tracker

Weekly Brace Hours

18

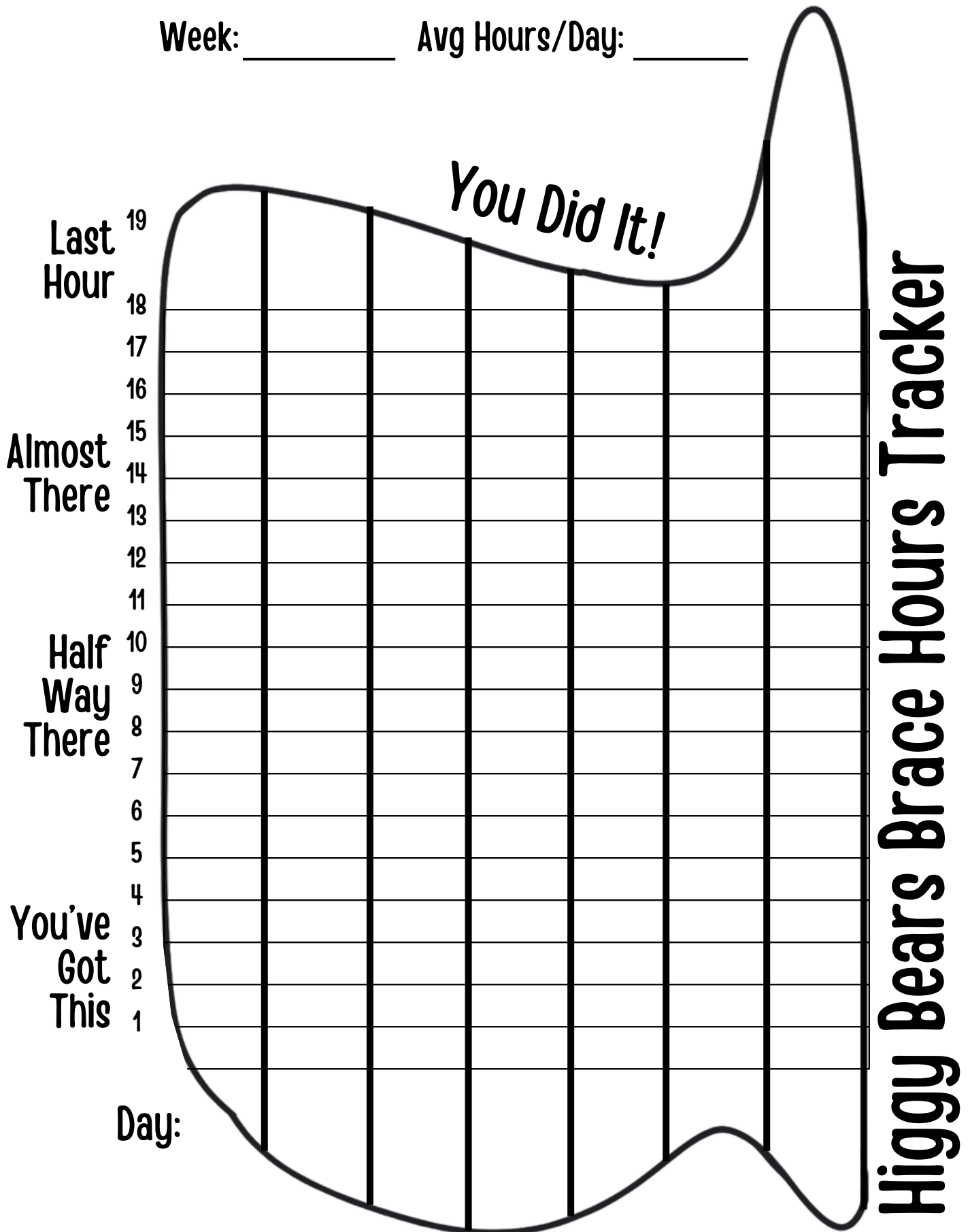
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

19

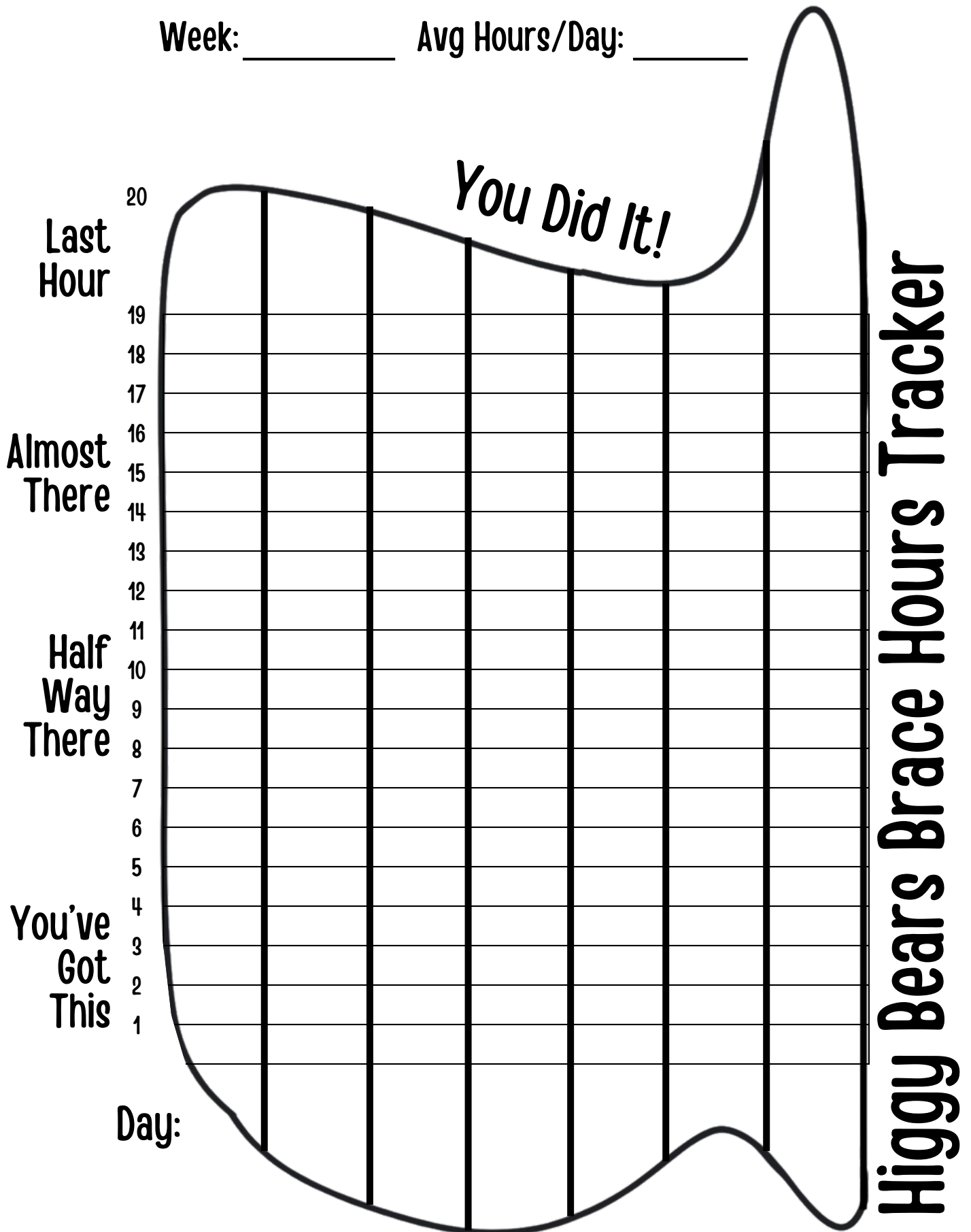
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

20

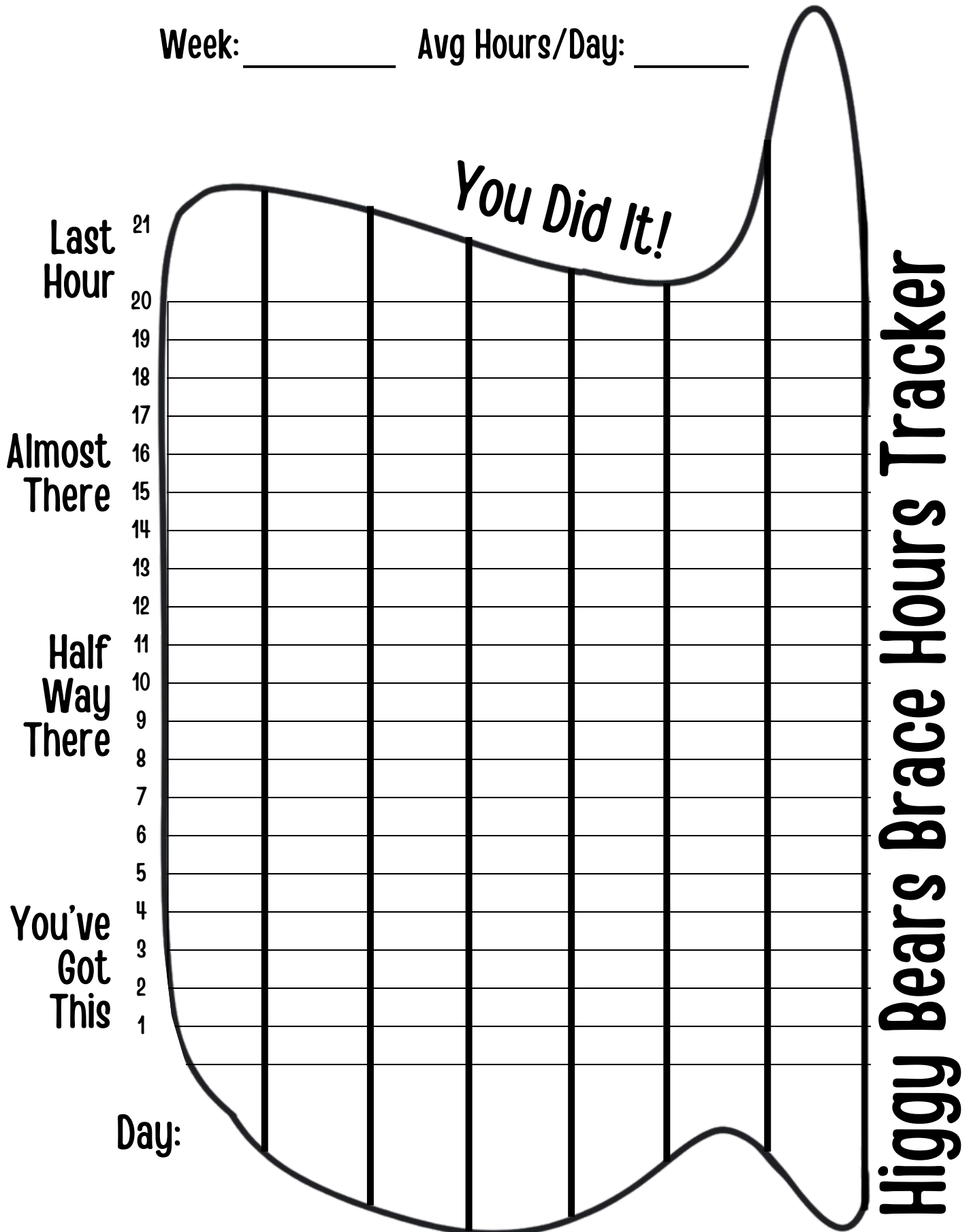
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

21

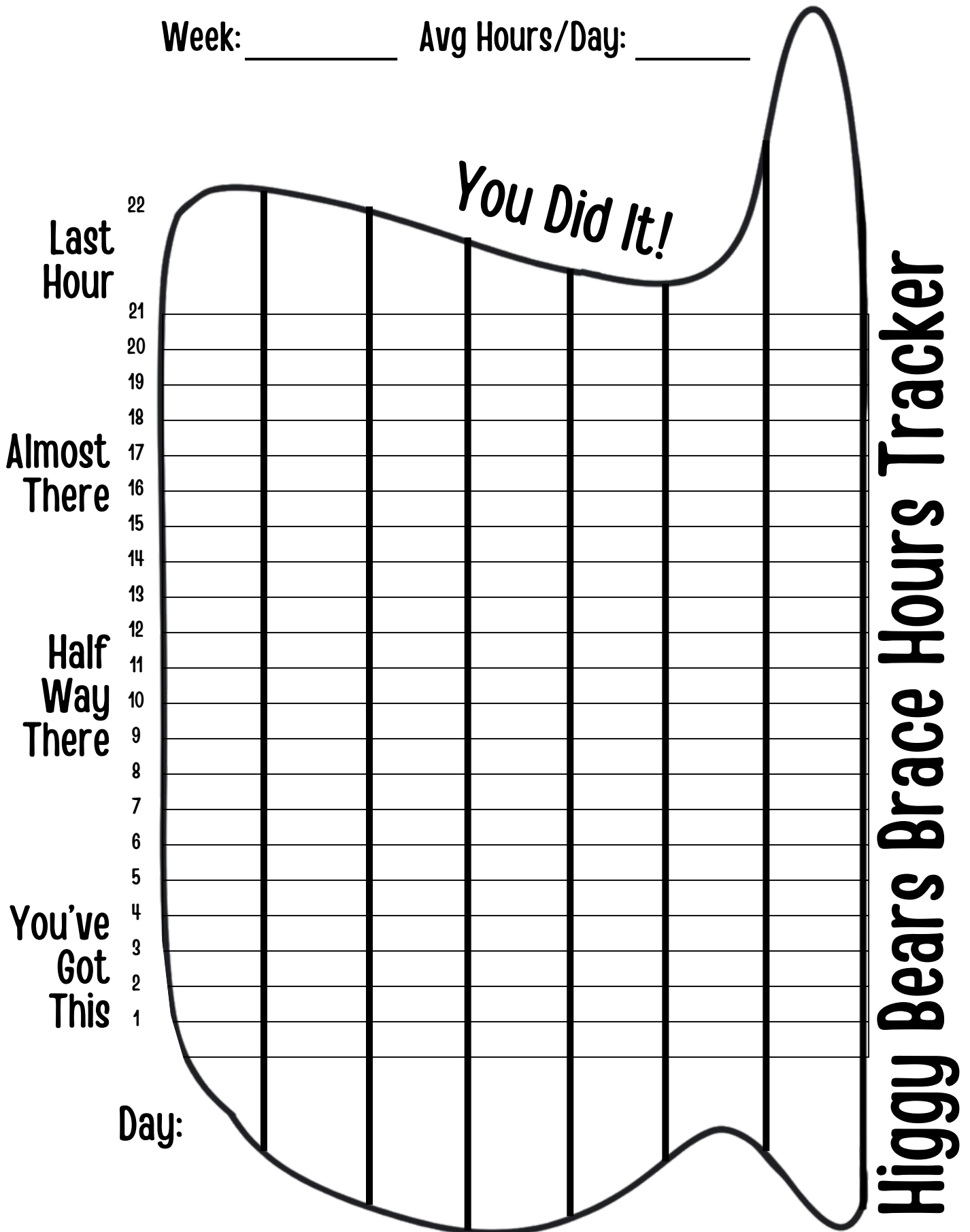
Week: _____ Avg Hours/Day: _____



Weekly Brace Hours

22

Week: _____ Avg Hours/Day: _____



23