HEAD GEAR SCORE CARD

HOURS	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
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8-10 HOURS **NIGHT-TIME WEAR** **8-10 HOURS**

Keep this chart day by day, week by week. Fill in a box for every hour of daytime wear and for each full night.
The more hours per day you wear your head gear, the faster your teeth will be straightened

Patient Name: _____

HEAD GEAR SCORE CARD

HOURS	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
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