

# Your Semeda Brace Calendar

How long have I worn the Semeda Brace in the month of:				
	from ... until ...	from ... until ...	from ... until ...	Total time
1				
2				
3				
4				
5				
<b>I fill in ...</b>				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
<b>... something every day!</b>				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

