

SCOLIOS-US BRACE JOURNAL

The Scolios-us Brace Journal is a 12-month journal beginning in June to honor Scoliosis Awareness Month and ending in May. Daily and monthly breakdowns give you the opportunity to take notes, track how you are feeling about bracing and in general, document brace wear, assess stress levels, and set goals.



OUR MISSION

Our goal with the Scolios-us Brace Journal is not only to help you track your brace wear but also to help you track how you are feeling about bracing and everything else. While meeting your wear-time goals is very important for keeping your scoliosis under control, we also realize that it is very important to take care of the rest of you. Bracing is not always easy, so we wanted to make it easy for you to track your good and bad days. **We want the Scolios-us Brace Journal to help you be a happy, healthy, successful bracer.**

WHAT'S INSIDE?

Motivation from your fellow scoliosis bracers – Rissa, Ella, Lily, Sophia, and more!



READY TO START JOURNALING?

To find more info and purchase your journal, visit our website, bracingforscoliosis.org, or scan the QR code to the right to go straight to our Scolios-us Brace Journal page.

