



Orthotics Breaking In Tracking Sheet

What is your pain RIGHT NOW? (0-10): _____

Day	Hours Recommend	Actual Time In Shoes (Ex. 8AM-9AM)	Pain Scale (0-10)	Other Comments/Things You Notice While Wearing Orthotics
1	1			
2	2			
3	3			
4	4			
5	5			
6	6			
7	7			
8	8			

If you own an Apple iPhone, you can download the **MASS Break In** app from Sole Supports to track your break in process instead! They allow you to set notification reminders to insert or pull out your orthotics throughout the day. Or you can continue to use this paper copy! Sorry Android users, no app for those phones yet!