

# Plus Size Bra Care & Rotation Checklist

Track wear cycles, strap adjustments, and replacement cues to keep supportive bras at peak performance.

Date	Bra / Style	Band Hook Setting	Strap Notes	Wear Activity	Sweat Level	Needs (Repair/Replace)

Rotation tips: schedule one rest day between wears, re-measure bands every quarter, and flag any strap grooves that persist after adjustments.  
Use this log alongside the Plus Size Bra Fit Guide to troubleshoot issues and plan replacements before support fades.