Here is the link to check your usage, hour by hour for the last 2 months.

<http://customercare.myhughesnet.com/frm_usage.cfm>

All you will need is your site ID, you can find that by log into your modem at 192.168.0.1, selecting System info and your Site ID will be right under your SAN number.  
  
If you have exceeded your download allowance, the best way to recover is to disconnect your Ethernet on the back of the modem.