


## Month 1 Urine and Saliva pH Tracking

Name \_\_\_\_\_ Start Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please record your urine and saliva pH values each day on this chart. Test 1st morning urine and saliva between 5:00 AM and 9:00 AM. No food or water prior to testing.

Urine and Saliva pH Tracking			
		Urine	Saliva
Day	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
	11		
	12		
	13		
	14		
	15		

Urine and Saliva pH Tracking			
		Urine	Saliva
Day	16		
	17		
	18		
	19		
	20		
	21		
	22		
	23		
	24		
	25		
	26		
	27		
	28		
	29		
	30		

 Test on shaded days unless otherwise noted


## Month 2 Urine and Saliva pH Tracking

Name \_\_\_\_\_ Start Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please record your urine and saliva pH values each day on this chart. Test 1st morning urine and saliva between 5:00 AM and 9:00 AM. No food or water prior to testing.

Urine and Saliva pH Tracking			
		Urine	Saliva
Day	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
	11		
	12		
	13		
	14		
	15		

Urine and Saliva pH Tracking			
		Urine	Saliva
Day	16		
	17		
	18		
	19		
	20		
	21		
	22		
	23		
	24		
	25		
	26		
	27		
	28		
	29		
	30		

 Test on shaded days unless otherwise noted