

pH TEST TRACKER

Name _____

Beginning Date _____

1st Saliva, upon waking, no food, drink or teeth brushing: Goal is 6.8-7.2

Day 1 _____ Day 2 _____ Day 3 _____

Day 4 _____ Day 5 _____ Day 6 _____

1st Morning Urine after at least 4 hours of sleep: Should be acidic

Day 1 _____ Day 2 _____ Day 3 _____

Day 4 _____ Day 5 _____ Day 6 _____

2nd Morning Urine before eating if possible: Goal is 6.8-7.2

Day 1 _____ Day 2 _____ Day 3 _____

Day 4 _____ Day 5 _____ Day 6 _____