

Name:

Please read these instructions carefully and be sure to plan ahead! In order to complete this chart before your appointment, you must plan ahead and begin recording your data **at least one week in advance**. Ladies: data cannot be recorded during a menstruation, so please plan accordingly!

- DO:**
- be sure to include daily water intake in ounces
 - record all food and drinks, including snacks
 - rate your stress level on a scale of 1 to 10, with 10 being high
 - if color on pH strip is between two colors, then estimate, for instance 6.7 instead of exactly 6.5 or 7.0

- DO NOT:**
- test if menstruating
 - test if within 15 minutes of eating or using gum or mints

PH Chart

Date		Urine	Saliva	Eat	Water	Stress
	1st in am			Breakfast:		
	2 hrs after lunch			Lunch:		
	bedtime			Dinner:		
	1st in am			Breakfast:		
	2 hrs after lunch			Lunch:		
	bedtime			Dinner:		
	1st in am			Breakfast:		
	2 hrs after lunch			Lunch:		
	bedtime			Dinner:		
	1st in am			Breakfast:		
	2 hrs after lunch			Lunch:		
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	2 hrs after lunch			Lunch:		
	bedtime			Dinner:		