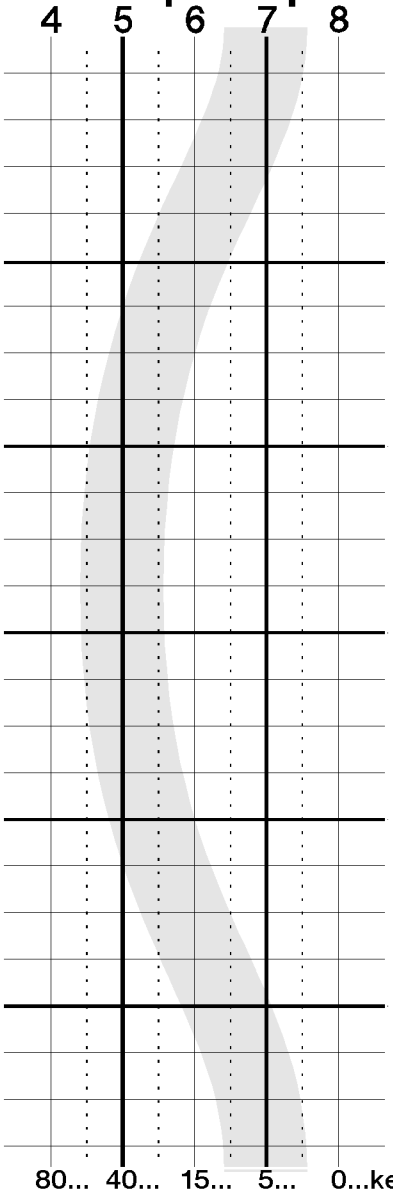
Daily Saliva and Urine pH Chart

Joni Sare version

Urine pH Graph



S M T W T F S

Date Name

Mark or rate (1-5) your frequently occurring foods, symptoms, etc.

Feel					Description of activity, symptom, environment, food	1	2	3	4	5	6	7	8
☺ ++	☺ +	OK	☹ –	☹ --									
4 AM													
5 AM													
6 AM													
7 AM													
8 AM													
9 AM													
10 AM													
11 AM													
Noon													
1 PM													
2 PM													
3 PM													
4 PM													
5 PM													
6 PM													
7 PM													
8 PM													
9 PM													
10 PM													
11 PM													
12 PM													
1 AM													
2 AM													
3 AM													