

Body pH Tracker

Week: ___/___/___ to ___/___/___



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
URINE pH	URINE pH	URINE pH	URINE pH	URINE pH	URINE pH	URINE pH
1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm	1st 2nd 10am 2pm 5pm 8pm
SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH
BOWEL MOVEMENTS	BOWEL MOVEMENTS	BOWEL MOVEMENTS	BOWEL MOVEMENTS	BOWEL MOVEMENTS	BOWEL MOVEMENTS	BOWEL MOVEMENTS
FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:	FOOD/BEVERAGE INTAKE:
SUPPLEMENTS:	SUPPLEMENTS:	SUPPLEMENTS:	SUPPLEMENTS:	SUPPLEMENTS:	SUPPLEMENTS:	SUPPLEMENTS:
WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)	WATER INTAKE (8 oz.)
TOTAL WATER:	TOTAL WATER:	TOTAL WATER:	TOTAL WATER:	TOTAL WATER:	TOTAL WATER:	TOTAL WATER:
TOTAL ENERGY:	TOTAL ENERGY:	TOTAL ENERGY:	TOTAL ENERGY:	TOTAL ENERGY:	TOTAL ENERGY:	TOTAL ENERGY:

TOTAL ENERGY IS ON A SCALE OF 1 TO 10 AND SUBJECTIVE.