

Your pH Tracking Chart

URINE pH TEST RESULTS

DATE														
pH 8.0														
pH 7.6														
pH 7.4														
pH 7.2														
pH 7.0														
pH 6.8														
pH 6.6														
pH 6.4														
pH 6.2														
pH 6.0														
pH 5.8														
pH 5.5														

SALIVA pH TEST RESULTS

DATE														
pH 8.0														
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pH 7.2														
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