Name:	
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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!

- -- 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								
<u>Date</u>		<u>Urine</u> <u>Saliva</u>			<u>Water</u>	<u>Stress</u>		
<u>Date</u>		Office Saliva	Breakfast:	<u>Lot.</u>	vater	311633		
			21001110011					
	1st in am							
			Lunch:					
	2 hrs after lunch							
			Dinner:					
	le a alkius a							
	bedtime							
			Breakfast:					
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