

**PH Testing**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Date:</b>			
<b>Saliva upon waking</b> <b>Ideal: 6.8</b>			
<b>Second Urine of morning</b> <b>Ideal: 6.8</b>			
<b>Saliva after breakfast</b> <b>Ideal: 8.5</b>			
<b>Urine 2 hours after lunch</b> <b>Ideal: 7.0 - 8.5</b>			
<b>Urine 2 hours after dinner</b> <b>Ideal: 7.0 – 8.5</b>			