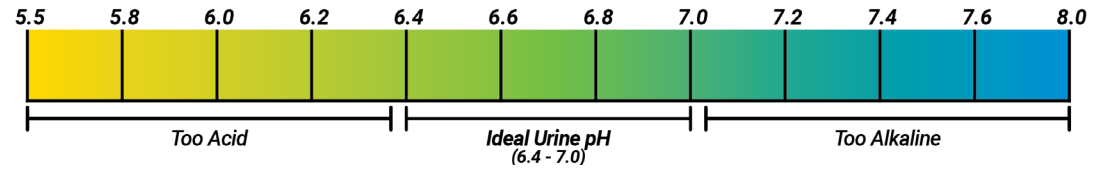


Daily Urine pH Checklist

Name _____

Start Date _____

» Please record your urine pH values below on this chart.



Day	AM	PM
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Day	AM	PM
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

» the **AM reading** is taken from testing the first morning urine after 5AM

» the **PM reading** is taken from testing the urine taken just before the dinner meal (approximately 5 to 6PM)

Key Advantages

- » Inexpensive testing
- » One roll can last up to several months
- » Convenient for travel
- » Easily track your progress

Directions

- » Tear off about 1 inch of pH paper
- » Without being messy, pee on a small part of the strip (Yes, pee directly on the strip!)
- » Shake off excess urine from the strip
- » Match the specimen's color with the dispenser's chart
- » Log the pH into your chart

