Urinary pH Recording Chart

ALKALINE	8.5																														
	8.0																														
HEALTHY	7.5																														
	7.0																														
	6.5																														
ACIDIC	6.0																														
	5.5																														
VERY ACIDIC	5.0																														
	4.5																														
	4.0																														
Date																															
COMMENTS																															

Instructions

1. Hold the **pH Test Strip** in the midstream flow of your first morning urine for 3 seconds.
2. Compare test strip colours to the colour chart on the **pH Test Strip** container to find the value that matches.
3. Record your result for that day in the Urinary pH Recording Chart. Mark an "X" in the box that corresponds to your urinary pH.
4. Write in any comments that may be pertinent, including events from the previous day such as amount of water consumed, unusual food eaten, alcohol consumed, supplements and/or medications taken, unusual exercise, etc.

DR RACH
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