

	pH reading			
Day	Morning	Afternoon	Night	Avg
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
Avg				

Use this 30 day graph to record your pH readings. An ideal first morning pH, before eating or drinking is 6.5. Saliva pH changes slowly over periods of several days. To determine a baseline average, add each row (divided by 3) and each column (divided by 30). Early morning pH is the result of anabolic metabolism when sleeping. pH tested 2 hours after a meal is the result of catabolic metabolism while awake. Remember when testing saliva, DO NOT place strip in mouth; swallow three times to produce saliva, then place on clean spoon and test with s strip.