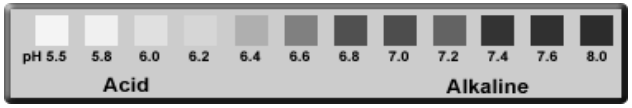
Dr. Susan E. Brown, Ph.D.

The "Better Bones" Nutritionist

pH Testing Record Sheet

The shaded area is your ideal pH reading



Month _____

pH Reading																														
8.0																														
7.6																														
7.4																														
7.2																														
7.0																														
6.8																														
6.6																														
6.4																														
6.2																														
6.0																														
5.8																														
5.5																														
Day	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	31

Day	Notes	Day	Notes
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

Center for Better Bones
315-437-9384 / 888-206-7119
www.betterbones.com