

STOMACH ACID TRACKER

Name:

Date Range:

DATE / TIME	FOOD/DRINK CONSUMED	PH LEVEL (IF TESTED)	SYMPTOM SEVERITY (1-10)	NOTES (REFLUX, BLOATING, BURPING)
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Severity Key:

1-3: Mild / Manageable

4-6: Moderate / Discomfort

7-10: Severe / Painful

* This log is for personal tracking and should be shared with a healthcare professional for diagnosis.