

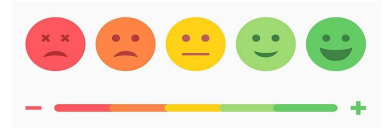
Daily Kombucha Tracker

DAY : _____

Serving #1	Date:		Day: Su M Tu W Th F Sa			
	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						
Serving #2	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						
Serving #3	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						

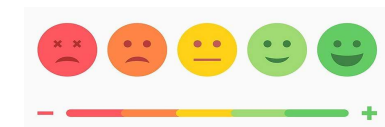
Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



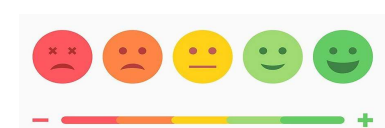
Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



Physical Observations	Other notes

"A journey of a thousand miles begins with a single step.."
 Chinese Proverb

