Daily Kombucha Tracker

Sour

Sparkly

Sour

Sparkly

Sour

Sparkly

Tangy | Sweet

Tangy Sweet

Tangy | Sweet

Smooth

Fizzy

Fizzy

Smooth

Fizzy

Day:

Fruity

Flat

Serving Size:

Serving Size:

Serving Size:

Other:

Other:

Fruity

Flat

Fruity

Flat

Other:

Other:

Other:

Other:

Su M Tu W Th F Sa

Date:

Time:

Taste

Time:

Taste

Time:

Brand/Flavor **Taste**

Texture

Comments

Texture

Comments

Brand/Flavor

Texture

Comments

Brand/Flavor

#1

Serving

Thoughts

Serving #2

Thoughts

houghts

DAY:

	Mood before KT	
worst	12345678910	best

Mood after KT

worst 12345678910 best



Mood before KT

worst 12345678910 best

Mood after KT

worst 12345678910 best



Mood before KT

worst 12345678910 best

Mood after KT

worst 12345678910 best



Physical Observations	Other notes		

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

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