URINE TES	I	S	I	R	IP	
BLOOD Hemolyzed		ca. 10	m 50	ra 250		
Non-hemolyzed	MG.	ra 5-10	2.90	DA 250		
UROBILINOGEN		2	-	8		
BILIRUBIN	rom.				12	
PROTEIN	reg.		-	***		
NITRITE	reg		100 500 Every pink color			
KETONES	neg.	pos.				
ASCORBIC ACID	reg.		-	***		
GLUCOSE	reg.		**			
PH	norm.	50	150	500	≥1000	
SPECIFIC GRAVITY	5	•	7	8		130
LEUKOCYTES	1,005	1,010	1,015	1,023	1,025	1,030
LLUNOCTILS	neg.	te. 25	ca. 75	ca. 500 L	eukojul	

						LEUKOCY	reg ca. 25 ca. 75 ca. 500 Leukojul	
Date	Time	Date	Time	Date	Time	Date	Time	
Well-Being		Well-Being		Well-Being		Well-Being		
Water Intake		Water Intake		Water Intake		Water Intake	_	
Urine pH		Urine pH		Urine pH		Urine pH		
Saliva pH		Saliva pH		Saliva pH		Saliva pH		
Breath Rate	_							
Breath Hold	_							
	Resting Standing		Resting Standing		Resting Standing		Resting Standing	
Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		
Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		
Pulse		Pulse		Pulse		Pulse		
Date	Time	Date	Time	Date	Time	Date	Time	
Well-Being	J	Well-Being	<u> </u>	Well-Being		Well-Being		
Water Intake	_							
Urine pH		Urine pH		Urine pH		Urine pH		
Saliva pH		Saliva pH		Saliva pH		Saliva pH		
Breath Rate	_							
Breath Hold	_							
	Resting Standing		Resting Standing		Resting Standing		Resting Standing	
Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		
Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		
Pulse		Pulse		Pulse		Pulse		
Date	Time	Date	Time	Date	Time	Date	Time	
Well-Being	J	Well-Being	J	Well-Being	J	Well-Being		
Water Intake	_	Water Intake	_	Water Intake	_,	Water Intake		
Urine pH		Urine pH		Urine pH		Urine pH		
Saliva pH		Saliva pH		Saliva pH		Saliva pH		
Breath Rate	_							
Breath Hold	_							
	Resting Standing		Resting Standing		Resting Standing		Resting Standing	
Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		Blood Pressure (Systolic)		
Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		Blood Pressure (Diastolic)		
Pulse		Pulse		Pulse		Pulse		