

Sourdough Journal

	Morning	Evening
Day 1 _/_/_/	Start time: _____ Notes:	Feeding time: _____ Notes:
Day 2 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes:
Day 3 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes:
Day 4 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes:
Day 5 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes:
Day 6 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes:
Day 7 _/_/_/	Feeding time: _____ Notes:	Feeding time: _____ Notes: