

New Sourdough Starter – Feeding and Tracking Log – The Sourdough Journey

Day/Date	Feeding Time	Discard and Feeding Ratio / Flour Type	Temp	Surface Activity	Aroma	% Rise / Time to Peak
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
<p align="center">Your starter is ready to use when it is at least 10 days old and consistently doubles in volume in 5-7 hours after a 1:2:2 feeding at 74F/23C</p>						

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Day/Date	Feeding Time	Discard and Feeding Ratio / Flour Type	Temp	Surface Activity	Aroma	% Rise / Time to Peak
Day 1 10/1	8:00am	38g Whole Wheat, 37g Bread Flour, 75g Water				
Day 2 10/1	8:00am	N/A	73F	A few bubbles on surface.	Floury	no rise
Day 3 10/2	8:10am	N/A	73F	Domed on top, some surface bubbles	Old cheese, stale flour, dirty socks	Tripled in height (False Rise)
Day 4 10/4	8:00am	Discard all but 25g, Feed 50g flour blend and 50g water	74F	Dome collapsed. Many surface bubbles	Old cheese, stale flour, dirty socks	no rise
Day 5 10/5	8:30am	Discard all but 25g, Feed 50g flour blend and 50g water	73F	Very few bubbles	Old cheese, dirty socks, vomit	no rise
Day 6 10/6	8:00am	Discard all but 25g, Feed 50g flour blend and 50g water	74F	A few more bubbles	Very strong, bad cheese smell	no rise
Day 7 10/7	8:10am	Discard all but 25g, Feed 50g flour blend and 50g water	73F	A few more bubbles	Very strong cheese smell	no rise
Day 8 10/8	8:15am	Discard all but 25g, Feed 50g flour blend and 50g water	73F	Vigorous bubbles on top	Sweet, ripe banana smell	73F/50% rise in 24 hours
Day 9 10/9	8:00am	Discard all but 25g, Feed 50g flour blend and 50g water	73F	Domed on top	Sweet, ripe smell	150% rise in 5 hours
Day 10 10/10	8:30am	Discard all but 25g, Feed 50g flour blend and 50g water	73F	Flattening on top, some bubbles	Sweet, ripe, somewhat acidic	150% rise in 4 hours
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