



Sourdough Starter Feeding Log

Track every feed. Spot patterns faster. Build a calmer baking rhythm.

Use this printable log to record starter feedings, kitchen conditions, rise time, smell, and notes. The goal is not perfection; it is pattern recognition. A few consistent notes can tell you when your starter is hungry, slow, overfed, or ready for bread.

Starter Profile

Starter name: _____ Flour blend: _____

Hydration target: _____ Feeding ratio: _____ Kitchen temp: _____

Quick-start tips

- Feed at a similar time while your starter is getting established.
- Mark the jar after feeding so rise becomes easy to see.
- Track smell: yeasty or tangy is useful; acetone means hungry.
- Use warmer water to speed things up and cooler water to slow them down.

Want the full baking system?

The Sourdough Starter and Baking Journal by T. R. Parker includes starter records, full bake logs, fermentation timing, scoring sketch pages, troubleshooting guides, and a discard recipe index.

Search: Sourdough Starter and Baking Journal

#	Date	Time	Starter Wt (g)	Flour Type	Flour Wt (g)	Water Wt (g)	Water Temp	Peak Rise	Smell / Activity	Notes
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Smell key

Y = yeasty/tangy | A = acetone/hungry | C = cheesy/off | N = neutral/early | R = ready or near peak

Helpful note: compare rise time with kitchen temperature before changing your feeding ratio.

#	Date	Time	Starter Wt (g)	Flour Type	Flour Wt (g)	Water Wt (g)	Water Temp	Peak Rise	Smell / Activity	Notes
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										
33										
34										
35										
36										
37										
38										
39										
40										

Smell key

Y = yeasty/tangy | A = acetone/hungry | C = cheesy/off | N = neutral/early | R = ready or near peak

Helpful note: compare rise time with kitchen temperature before changing your feeding ratio.

#	Date	Time	Starter Wt (g)	Flour Type	Flour Wt (g)	Water Wt (g)	Water Temp	Peak Rise	Smell / Activity	Notes
41										
42										
43										
44										
45										
46										
47										
48										
49										
50										
51										
52										
53										
54										
55										
56										
57										
58										
59										
60										

Smell key

Y = yeasty/tangy | A = acetone/hungry | C = cheesy/off | N = neutral/early | R = ready or near peak

Helpful note: compare rise time with kitchen temperature before changing your feeding ratio.

