

14-day sourdough starter checklist

Tick off each day as you go. These are the same steps as the 14-day guide in the Sourdough Starter Tracker app.

You'll need: a clean jar, whole wheat flour, water and a kitchen scale.

Started on _____

	WHAT TO DO	WHAT TO EXPECT
☐ 1	Day 1: Mixing Mix 50g whole wheat flour + 50g water in a clean jar. Stir well and cover loosely with a lid or cloth.	Nothing visible yet. That's completely normal! <i>Use unchlorinated water (filtered or left out overnight). Chlorine can slow down fermentation.</i>
Notes _____		
☐ 2	Day 2: Wait Don't feed today. Just let it sit undisturbed.	You might see a few bubbles on the surface. Or nothing at all. Both are fine. <i>Patience is key. Wild yeast takes time to move in.</i>
Notes _____		
☐ 3	Day 3: First Feeding Keep 50g of starter and discard the rest, then add 50g whole wheat flour + 50g water. Stir well. (1:1:1 ratio)	Some bubbles, possibly a strong or funky smell. This is an early burst from bacteria and wild yeast, not a sign it's ready yet. <i>Bad smell at this stage is completely normal. Don't give up!</i>
Notes _____		
☐ 4	Day 4: Feed Again Keep 50g of starter and discard the rest. Add 50g whole wheat flour + 50g water. Stir well. (1:1:1 ratio)	You might see lots of bubbles and rising, or suddenly nothing. Both are normal. <i>If activity slows down, you've entered the "quiet phase". Keep reading.</i>
Notes _____		
☐ 5	Day 5-6: The Quiet Phase	Many starters go quiet around days 4-7. The initial bacteria die off and yeast is still getting established. This is the most common time people give up. Don't! <i>This "dead zone" is completely normal. Your starter is NOT failing. The yeast just needs more time.</i> <i>Keep your starter in a warm spot (75-80°F / 24-27°C). You can switch to all-purpose flour now, or keep using whole wheat. Both work.</i>
☐ 6	Keep 50g of starter and discard the rest. Feed 50g whole wheat flour (or all-purpose) + 50g water. Keep going every 24 hours. (1:1:1 ratio)	
Notes _____		

WHAT TO DO

WHAT TO EXPECT

☐ 7	Day 7: One Week Keep 50g of starter and discard the rest. Feed 50g flour + 50g water. (1:1:1 ratio)	Some starters show their first real rise this week. Others are still quiet. Both are normal. <i>If no activity at all, try 2x daily feedings (every 12 hours) to give the yeast more fresh food.</i>
Notes _____		
☐ 8 ☐ 9	Day 8–9: First Signs Continue daily feedings. Same amounts: keep 50g of starter, discard the rest, then add 50g flour + 50g water. (1:1:1 ratio)	You should start seeing some rise. Even a little bit is a great sign! The smell should shift from funky to mildly sour or yogurt-like. <i>Place a rubber band at the starting level to easily track how much it rises.</i>
Notes _____		
☐ 10 ☐ 11	Day 10–11: Building Strength Keep feeding daily. Consistency matters more than anything else.	Rise is becoming more noticeable and predictable. You'll start to see a rise-and-fall pattern. <i>Start noting what time your starter peaks. This will help you plan baking later.</i>
Notes _____		
☐ 12 ☐ 13	Day 12–13: Getting Stronger Continue feeding. Your starter should be at least doubling now, or close to it.	Doubles within about 6–8 hours of a feeding in a warm spot (75°F / 24°C or warmer). Pleasant, complex sour aroma developing. <i>If not doubling yet, that's okay. Some starters take up to a month. Just keep feeding.</i>
Notes _____		
☐ 14	Day 14: Ready to Bake! Feed your starter. When it reaches peak rise (doubled or more), try the float test: drop a small spoonful into a cup of water.	If it floats, your starter is active enough to leaven bread! If it sinks, give it a few more days of feeding. <i>The float test isn't perfect: some ready starters don't float. If yours doubles reliably, it's ready to bake regardless.</i> <i>Next: time your first bake with the bake day planner (free at myquietspot.com).</i>
Notes _____		

Don't taste raw starter. Flour isn't a ready-to-eat food: it can carry harmful germs that only baking kills. This goes for every starter, at every stage.

Rather follow along on your phone? Sourdough Starter Tracker walks you through the same 14 days and shows which day you're on.

myquietspot.com/apps/sourdough-starter



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