

# Sourdough starter feeding log

Starter \_\_\_\_\_

| Date & time | Ratio  | Flour (type and g)               | Discard | Rise                                                                                      | Smell | Notes |
|-------------|--------|----------------------------------|---------|-------------------------------------------------------------------------------------------|-------|-------|
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |
|             | :<br>: | Main ..... g<br>Mixed in ..... g | g       | <input type="checkbox"/> Good <input type="checkbox"/> Weak <input type="checkbox"/> Flat |       |       |

## WHAT THE SMELL MEANS

- Yeasty · Sour · Fruity
- Mild/None · Sweet
- Vinegary
- Alcohol
- Acetone
- Cheesy/Funky
- Rotten/Sulfur
- Off/Unpleasant

Normal and healthy  
Just fed or still young: give it time  
Hungry: feed soon  
Very hungry: feed as soon as possible  
Starving: feed now, and feed more often  
Normal in the first 2 weeks. Later, check for mold and give it a few feedings.  
Rotten smell means contamination: throw it out and start fresh  
Check for mold or pink/orange streaks. If you see any, throw it out.

## TIPS

- Discard: what you took out before feeding. Handy if you keep it in the fridge for recipes.
- Place a rubber band at the starting level to easily track how much it rises.
- Write down when it peaks to learn your starter's timing.

Rather keep this on your phone?  
Sourdough Starter Tracker logs every feeding and reminds you when it's time to feed.

[myquietspot.com/apps/sourdough-starter](https://myquietspot.com/apps/sourdough-starter)



Scan for the app