Sourdough formula card

Choose the denominator before you calculate.

In a total-flour formula, count the flour and water carried by the starter. Do not add them twice if the recipe already includes them in its totals.

YOUR RECIPE IN GRAMS

Recipe / version / target dough weight	
Added flour / flour blend	
Added water / starter / salt	
Starter hydration	

SPLIT THE STARTER

Starter flour	starter weight ÷ (1 + starter hydration ÷ 100)
Starter water	starter weight - starter flour
Total flour	added flour + starter flour
Total water	added water + starter water

CALCULATE AND RECORD

Dough hydration (%)	total water ÷ total flour × 100
Ingredient baker's percentage	ingredient weight ÷ chosen flour denominator × 100
Target scale factor	target dough weight ÷ original dough weight
Scaled formula / rounding notes	

Example: 500 g flour + 350 g water + 100 g starter at 100% hydration = 550 g flour and 400 g water: 72.7% hydration.