Sourdough starter feeding log

One feed. A few observations. A better comparison next time.

Mark the starting level after feeding. Use a straight-sided jar for height measurements. Record a peak window when the exact peak was missed; write unknown when the evidence is unclear.

FEED DETAILS

Jar name / date	
Time fed / location	
Starter + flour + water	____ g starter + ____ g flour + ____ g water
Ratio / flour used	
Temperature / starting level	____ °C or °F Starting level ____ cm or mL

RISE OBSERVATIONS

Check time	Height or volume | Rising, near peak, falling or unknown

NEXT-FEED DECISION

Peak window / unknown	
One change to try	
Why / what to check next	

Compare similar flour, feeding ratio and temperature. A rise measurement is not a food-safety test.