

Weekly Sourdough Starter Care Checklist

1. If You're Storing Your Starter in the Fridge:

- Remove starter from fridge
- Discard all but 25–50g of starter
- Feed with equal parts flour and water by weight
- Let sit at room temperature for 2–4 hours
- Return to fridge with a loose lid

2. If You Keep It on the Counter:

- Feed every 24 hours
- Discard all but 25–50g of starter
- Feed with equal parts flour and water by weight
- Keep in a warm place (70–78°F ideal)

3. Quick Notes for Each Feeding:

- Date and Time:
- Type of Flour Used:
- Feeding Ratio:
- Rise Time (hours):
- Any changes in smell or texture:

4. Pro Tips:

- If your schedule is tight, refrigerate between feedings
- Use smaller feedings during non-baking weeks
- Don't panic if you miss a day – just feed and watch