FolarraStudio

Sourdough Journal

feed · fold · bake

UNDATED · PRINTABLE · STARTER, BAKES & RECIPES

This Journal Belongs To

for home bakers and bread lovers

NAME _____

STARTER NAME _____

STARTER BORN ON _____

FAVORITE FLOUR _____

BAKING SINCE _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Starter Feeding Log and Bake Log pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Log every feeding on the Starter Log and every loaf on a Bake Log page.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My baking word for this year

Why I bake bread

Contents

tap a title in the digital planner to jump to it

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Starter Profile

meet the family pet

NAME _____ BORN ON _____

FLOUR _____ HYDRATION _____

FEEDING RATIO _____ KEPT IN _____

How I made it

Tips that work

Starter Feeding Log

keep your starter happy

DATE	TIME	STARTER	FLOUR	WATER	RISE	PEAK TIME	NOTES

Bake Log

one loaf per page

DATE _____ RECIPE _____

HYDRATION % _____ FLOUR MIX _____

BULK TIME _____ OVEN TEMP _____

Timeline

Folds & shaping

Crumb & crust

Next time

Bake Day Schedule

plan the timing

BAKE DAY _____ LOAVES _____

TIME	STEP	NOTES	DONE
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			☐
			☐
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			☐
			☐

Baker's Percentage

scale any recipe

RECIPE _____ LOAVES _____

INGREDIENT	WEIGHT	BAKER %	NOTES
Flour			
Water			
Starter / levain			
Salt			
Extra flour			
Add-ins			
Total			

Recipe Cards

loaves, discard bakes & more

RECIPE

MAKES

INGREDIENTS

METHOD

RECIPE

MAKES

INGREDIENTS

METHOD

RECIPE

MAKES

INGREDIENTS

METHOD

RECIPE

MAKES

INGREDIENTS

METHOD

Loaf Ratings

your best bakes

DATE	RECIPE	CRUST	CRUMB	FLAVOR	OVERALL
		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
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Flour Inventory

what is in the pantry

FLOUR	BRAND	PROTEIN %	AMOUNT	REORDER
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				☐
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Discard Ideas

never waste starter again

1 Pancakes	2 Crackers	3 Waffles	4 Pizza dough
5 Banana bread	6 Muffins	7 Flatbread	8 Pretzels
9 Cookies	10 Scallion pancakes	11 English muffins	12 Brownies
13 Tortillas	14 Cinnamon rolls	15 Crumpets	16 Your idea!

Troubleshooting Notes

learn from every loaf

What went wrong

Why it might be

What I changed

What worked

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal helps you bake your best loaf yet. If you enjoy it, tell a friend about folarrastudio.com.

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