



Day	Day 1		Day 2		Day 3		Day 4+
	0 hours	12 hours	24 hours	36 hours	48 hours	60 hours	72 hours +
Date							
Time of day							
Step	1. Creating the starter	2. First feed	3. Second feed	4. Third feed	5. Fourth feed	6. Fifth feed	7. Keeping the starter
	1 tbsp flour 1 tbsp water Put the flour and water into a bowl, mix to a paste, cover loosely, leave in a warm place for 12 hours.	1 tbsp flour 1 tbsp water Add the flour and water to the starter, stir to mix, cover loosely, leave in a warm place for 12 hours.	1 tbsp flour 1 tbsp water Repeat step 2.	1 tbsp flour 1 tbsp water Repeat step 2.	2 tbsp flour 2 tbsp water This feed is slightly larger to boost the starter. Add the flour and water, stir, cover loosely and leave in a warm place for 12 hours.	2 tbsp flour 2 tbsp water Repeat the larger flour and water feed, cover loosely and leave in a warm place for 12 hours. When bubbly proceed to make your ferment.	flour water Feed starter regularly with flour and water, more frequently if warm, less often if cool.