

Sourdough Starter Printable Calendar - 60g / 60g Method

Flour Options: All-Purpose, Bread Flour, or 30g Whole Wheat + 30g White for extra strength.

Daily Formula: KEEP 60g starter then ADD 60g flour and 60g water (1:1:1).

Goal: Starter doubles in 4-6 hours with tangy, yeasty aroma.

Day	Instructions	Morning Feed	Evening Feed	Temp	Rise Notes
Day 1	Mix 60g flour + 60g water. Leave loosely covered.				
Day 2	Add 60g flour + 60g water. No discard.				
Day 3	Discard to 60g starter then feed 60g flour + 60g water.				
Day 4	Discard to 60g starter then feed 60g flour + 60g water.				
Day 5	Discard to 60g starter then feed 60g flour + 60g water.				
Day 6	If active, try two feedings today.				
Day 7	Feed 1-2 times. Look for bubbles.				
Day 8	Starter should double in 6-8 hours.				
Day 9	Try float test today.				
Day 10	Ready if doubling in 4-6 hours.				
Day 11	Strengthen with 30g whole wheat + 30g white if slow.				
Day 12	Switch to bread flour if needed.				
Day 13	Practice feeding at peak rise.				
Day 14	Bake day attempt.				

Conversions

1/4 cup flour about 30g. 1/2 cup flour about 60g.

1/4 cup water about 60g.

Room temperature target: 70-75 F (21-24 C).

Troubleshooting

- Strange smell days 2-4 is normal bacteria phase.
- No rise: move to warmer spot or add whole wheat flour.
- Too runny: add about 10g extra flour next feeding.
- Slow activity: try feeding ratio 1:2:2 (60 starter / 120 flour / 120 water).