

Bake Log

One loaf, from feeding the starter to the first slice



BAKE # / DATE

LOAF OR FORMULA NAME

FLOUR(S)

STARTER HYDRATION

DOUGH WEIGHT (G)

STEP	CLOCK TIME	DOUGH OR ROOM TEMP (F OR C)	NOTES
Feed starter			
Mix (or autolyse)			
Add starter and salt			
Bulk fermentation starts			
Bulk ends, pre-shape			
Shape			
Final proof or cold retard			
Bake			

CRUMB PHOTO OR SKETCH

RESULT, AND WHAT I WOULD CHANGE NEXT TIME

Formula & Hydration Worksheet

Write the grams, then work out the percentages



Mix percentages divide each ingredient you weigh into the dough by the flour you add separately (not the starter's flour), so the flour added is 100%. Total dough = flour added + water added + starter + salt + anything else you add.

FORMULA NAME / BAKE #

DATE

INGREDIENT WEIGHED INTO THE DOUGH	GRAMS	MIX % OF FLOUR ADDED	NOTES
Flour added (not starter flour)		100%	
Water added (not starter water)			
Starter (its whole weight)			
Salt			
Total dough (sum of the rows above)			

STARTER BREAKDOWN

Starter flour = starter weight divided by (1 + its hydration as a decimal: 100% = 1.00, 50% = 0.50); the rest is water. Already included in the starter weight: do not add again to the total dough.

STARTER USED (G)

STARTER HYDRATION (%)

STARTER FLOUR (G)

STARTER WATER (G)

ALL FLOUR = FLOUR ADDED + STARTER FLOUR

ALL WATER = WATER ADDED + STARTER WATER

TRUE HYDRATION = ALL WATER DIVIDED BY ALL FLOUR

TOTAL DOUGH (G)

Example: 500 g flour added, 350 g water added, 100 g starter at 100% hydration (50 g flour + 50 g water, already in its weight), 10 g salt. All flour 550 g, all water 400 g, true hydration 400 divided by 550 = 72.7%, total dough 960 g.

NOTES

Starter Feeding Log

Each feeding, and how long it took to peak



Ratio = kept starter : flour : water, by weight. Example: 1:5:5 with 20 g starter kept means adding 100 g flour and 100 g water.

[illegible]

Bake Comparison

Three bakes side by side; one change between them



Change one thing per bake: keep the flour, hydration, timings and oven the same, and change only what you are testing.

BAKE A	BAKE B	BAKE C
<div>PHOTO OR SKETCH</div>	<div>PHOTO OR SKETCH</div>	<div>PHOTO OR SKETCH</div>
<div>DATE</div>	<div>DATE</div>	<div>DATE</div>
<div>WHAT CHANGED</div>	<div>WHAT CHANGED</div>	<div>WHAT CHANGED</div>
<div>CRUMB</div>	<div>CRUMB</div>	<div>CRUMB</div>
<div>RESULT</div>	<div>RESULT</div>	<div>RESULT</div>

This workbook records your own bakes. It contains no recipes to follow and no baking temperatures or times; any worked example shows arithmetic only. Follow your own formula and your oven's manual.