

1:1:1 Sourdough Starter Rehydration Log

A daily tracker optimized for 1 oz (28g) of dried starter and freshly milled flour.

Crucial Tips for Fresh Milled Flour

- **Consistency:** Freshly milled flour absorbs water aggressively. A strict 1:1:1 ratio will be a stiff paste initially. Add 1 tsp of water if too dry to mix.
- **Volume vs. Weight:** Fresh flour is fluffy. To keep a 1:1:1 weight ratio using volumes, you need roughly double the volume of flour to water.
- **Temperature:** Keep your jar in a warm spot (75°F–80°F / 24°C–27°C) to properly activate the dormant wild yeast.

Day / Step	Target Instructions (Weight & Volume)	Time / Temp	Signs of Life / Notes
Day 1 Step 1	Dissolve: Mix 28g dried starter + 28g warm water (2 tbsp). Let sit 2 hours to soften completely into a paste.	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x
Day 1 Step 2	First Feeding: Stir in 28g fresh milled flour (¼ cup). Cover jar loosely. Let sit 24 hours.	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x
Day 2	Second Feeding (No Discard): Add 56g warm water (¼ cup) + 56g fresh flour (½ cup). Stir well, cover loosely.	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x
Day 3	First Discard & Feed: Discard down to 50g starter (3 tbsp). Feed 50g water (3 tbsp) + 50g fresh flour (½ cup).	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x
Day 4	1:1:1 Maintenance: Discard down to 50g starter. Feed 50g water + 50g fresh flour. Watch for bubbles and rising.	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x
Day 5	1:1:1 Maintenance: Discard down to 50g starter. Feed 50g water + 50g fresh flour. Should be doubling soon!	_____ AM/PM _____ °F	[] Bubbles [] Sour Smell [] Rose _____x