



SOURDOUGH SCHEDULE

THE NIGHT BEFORE

TIME

TO DO

☐

MAKE LEVAIN

MORNING

TIME

TO DO

☐

MAKE DOUGH

☐

MIX IN SALT

AFTERNOON

TIME

TO DO

☐

STRETCH & FOLD #1

☐

STRETCH & FOLD #2

☐

STRETCH & FOLD #3

☐

STRETCH & FOLD #4

EVENING

TIME

TO DO

TIME

TO DO

☐

PRE-SHAPE

☐

SHAPE

FOLLOWING DAY

TIME

TO DO

☐

BAKE!



SOURDOUGH SCHEDULE

THE NIGHT BEFORE

TIME

TO DO

☐

FEED STARTER

MORNING

TIME

TO DO

☐

MAKE DOUGH

☐

MIX IN SALT

AFTERNOON

TIME

TO DO

☐

STRETCH & FOLD #1

☐

STRETCH & FOLD #2

☐

STRETCH & FOLD #3

☐

STRETCH & FOLD #4

EVENING

TIME

TO DO

TIME

TO DO

☐

PRE-SHAPE

☐

SHAPE

FOLLOWING DAY

TIME

TO DO

☐

BAKE!
