

Pre-Grow Plan				Germination Date ____/____/____		Plant: _____x_____ Grow Number: _____						
Germination Method				Equipment Plan								
Paper Towel		Rockwool Cube		Peat Pellet		Vegetation Light(s)						
Glass of Water		Substrate		Other								
Grow Medium for Germination/Vegetation				Flowering Light(s)								
Soil		%						Expanded Clay		%		
Perlite		%		Mineral Wool		%		Room Type				
Vermiculite		%		Coco Coir		%						
Other		%		Watering Method		Indoors		Outdoors		Greenhouse		
Grow Medium for Flowering (if different)		Same?										
Soil		%		Expanded Clay		%		Air Filter Used (if Applicable)				
Perlite		%		Mineral Wool		%						
Vermiculite		%		Coco Coir		%		Ventilation				
Other		%										
Brand/Type of Nutrients Used				Grow Tent Size (if Applicable)								
What have I learnt from the previous grow that I will improve on this time				Strain					Number of seeds used			
				Source of strain					Number of seeds successfully germinated			
				Notes								

Week	Germination			____/____/____ to ____/____/____	Plant: _____x_____ Grow Number: _____			
	Flowering							
Nutrients				Nutrient Notes				
Root Juice	4ml/l	Top Max	0ml/l	Make 2.5-5l of water / PH @ 6.2-6.5 Alg-A-Mic, Acti-Vera and Fish-Mix can also be applied as a foliar, 1-3 times a week. Dose: When using 1 or 2 of the products: 1-2 ml/L water of each. When using all 3 products: max. 1ml/L water of each It is beneficial to replace Bio-Grow with Fish-Mix in the vegetative phase but switch to Bio-Grow when you want to trigger flowering Start using fertilizers when your baby plant is 10-15 cm or has 2-4 leaves				
Bio Grow	0ml/l	Bio Heaven	2ml/l					
Fish Mix	0ml/l	Alg-a-mic	0ml/l					
Bio Bloom	0ml/l	Acti-vera	2ml/l					
Foliar Spray			500ml					
Growing Conditions					Feed Record			
Lights used	LED / HID / HPS		Light Schedule	____/____	Day	☐ / ☐	How Much?	Sprayed?
Setting of lights	____% / ____ watts		Light usage this week	____kwh	1		____L/Per Plant	
Distance from lights	____cm		Substrate Temperature	____°c	2		____L/Per Plant	
Air Humidity	____%		Pot Size	____L	3		____L/Per Plant	
Weekly Low Temp	____°c		24hr Watering Volume Per Plant	____L	4		____L/Per Plant	
Weekly High Temp	____°c		Water PH	____	5		____L/Per Plant	
Solution Temp	____°c		Water TDS	____	6		____L/Per Plant	
CO ² Levels	____PPM		Plant Height at Start of Week	____cm	7		____L/Per Plant	
Other Notes					Training			
Start using fertilizers when your baby plant is 10-15 cm or has 2-4 leaves.					Method	☐ / ☐	When?	
					Fimming		Week____ Day____	
					Topping		Week____ Day____	
					De-Foliation		Week____ Day____	
					LST		Week____ Day____	

										HST		Week__ Day__		
										ScrOG		Week__ Day__		
Harvest Record										Plant: _____x_____ Grow Number: _____				
Germination Date			Harvest Date			Total Grow Period			Final Height of Plants		Total Light Usage		Total Feed Used	
___/___/___			___/___/___			___ Weeks ___ Days			___ cm		___ kwh		___ L	
Undried Weights									Strain Comments					
Plant 1	___ g	Plant 3	___ g	Plant 5	___ g	Plant 7	___ g	Total Undried Weight	Ease Of Growing	Easy	Medium	Hard		
Plant 2	___ g	Plant 4	___ g	Plant 6	___ g	Plant 8	___ g	___ g	Disease Resistance	Weak	Neutral	Strong		
Drying time		Total Dried Weight		Plants Grown		Average Per Plant					Overall Rating	___/10		
___ days		___ g		___		___ g								