

The background of the cover features several cannabis leaves and buds scattered across a white surface. The leaves are bright green with serrated edges. In the lower center, there is a stylized illustration of a cannabis bud with dark green leaves and light green flowers.

GROW JOURNAL

THE SEED CONNECT

1. Grow Overview Table

Grow Start Date	Strain(s)	Growing Medium	Grow Method (Soil, Hydro, etc.)	Primary Goal (Yield, Quality, Experiment)

Instructions

- Fill out this table at the very beginning of your grow.
- Add any additional goals or relevant info (like desired harvest date or target yield) in the last column or as extra rows.

2. Environment & Equipment Table

Equipment	Type/Brand	Settings/Notes
Lighting		
Ventilation/Fans		
Temperature Controller		
Humidity Controller		
pH/EC Meter		
Other (CO2, Heaters, etc.)		

Instructions

- Complete this table to keep track of your **equipment** and **environmental settings**.
- Update the “Settings/Notes” column if you change anything during the grow (e.g., raising lights, adjusting fan speed).

3. Nutrient & Feeding Schedule Table

Week/Stage	Nutrient Brand/Mix	pH Range	EC/PPM (if used)	Frequency (times/week)	Additional Notes
Week 1 (Seedling)	(e.g., Light feed 1/4 strength)	6.0 - 6.2	(Optional)	Twice a week	
Week 2					
Week 3					
...					

5. **Review & Reflect:** After each grow, revisit your entries to see what worked and what needs improvement.

Final Tip

A **table-based journal** keeps your notes structured and easy to skim. With consistent updates, you'll have a gold mine of data to perfect your growing skills. Good luck, and **happy growing!**