



The Cannasseur
ELEVATING YOU HIGHER

GROW DIARY

A premium record of your cultivation journey

GROWER / CULTIVATOR

GROW NUMBER / BATCH ID

STRAIN NAME

SEED / CLONE SOURCE

START DATE

MEDIUM

POT SIZE

OF PLANTS

GROW SPACE / TENT SIZE

LIGHT TYPE & WATTAGE

Notes / Goals for this Grow

WEEK 1 — GROW LOG

DATE	DAY #	GROWTH STAGE

ENVIRONMENT

TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

LIGHT HOURS

LIGHT INTENSITY (PPFD)

FEEDING & NUTRIENTS

PH IN / PH OUT

EC / TDS IN / OUT

WATER VOLUME (L)

FEED OR PLAIN WATER?

NUTRIENT A (ML/L)

NUTRIENT B (ML/L)

ADDITIVE / CAL-MAG (ML/L)

BLOOM BOOSTER (ML/L)

ROOT STIMULATOR (ML/L)

OTHER (ML/L)

PLANT OBSERVATIONS & HEALTH

TRAINING PERFORMED (LST/TOPPING/DEFOLIATION)

CANOPY HEIGHT (CM)

STRETCH %

NOTES ON PHOTOS

Photo 1

Photo 2

Photo 3

OVERALL WEEK RATING (1-10)

ANY ISSUES / DEFICIENCIES SPOTTED

WEEK 2 — GROW LOG

DATE

DAY #

GROWTH STAGE

ENVIRONMENT

TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

LIGHT HOURS

LIGHT INTENSITY (PPFD)

FEEDING & NUTRIENTS

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WEEK 3 — GROW LOG

DATE	DAY #	GROWTH STAGE

ENVIRONMENT

TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

LIGHT HOURS

LIGHT INTENSITY (PPFD)

FEEDING & NUTRIENTS

PH IN / PH OUT

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WATER VOLUME (L)

FEED OR PLAIN WATER?

NUTRIENT A (ML/L)

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DAY #

GROWTH STAGE

ENVIRONMENT

TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

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DAY #

GROWTH STAGE

ENVIRONMENT

TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

LIGHT HOURS

LIGHT INTENSITY (PPFD)

FEEDING & NUTRIENTS

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VPD (KPA)

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GROWTH STAGE

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VPD (KPA)

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DAY #

GROWTH STAGE

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TEMP (DAY / NIGHT)

HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

LIGHT HOURS

LIGHT INTENSITY (PPFD)

FEEDING & NUTRIENTS

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WATER VOLUME (L)

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WEEK 12 — GROW LOG

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DAY #

GROWTH STAGE

ENVIRONMENT

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HUMIDITY (DAY / NIGHT)

VPD (KPA)

CO2 (PPM)

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ADDITIVE / CAL-MAG (ML/L)

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ANY ISSUES / DEFICIENCIES SPOTTED

NUTRIENT & FEEDING SCHEDULE

WEEK	FEED TYPE	PH TARGET	EC TARGET	NUT A (ml/L)	NUT B (ml/L)	ADDITIVE (ml/L)	NOTES

NUTRIENT LINE & PRODUCT NOTES

FLUSH START WEEK

FINAL FLUSH DURATION (DAYS)

FLUSH SOLUTION USED

ENVIRONMENTAL DATA LOG

Record daily or per-session readings. Ideal ranges: Temp 20–28°C | RH Veg 50–70% / Flower 40–50% | VPD 0.8–1.6 kPa

DATE	DAY #	STAGE	TEMP DAY (°C)	TEMP NIGHT (°C)	RH DAY (%)	RH NIGHT (%)	VPD (kPa)	CO2 (ppm)	NOTES

ENVIRONMENTAL DATA LOG

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DATE	DAY #	STAGE	TEMP DAY (°C)	TEMP NIGHT (°C)	RH DAY (%)	RH NIGHT (%)	VPD (kPa)	CO2 (ppm)	NOTES

HARVEST & YIELD TRACKER

FLUSH START DATE

FLUSH END / HARVEST DATE

TOTAL FLUSH DURATION (DAYS)

FINAL WATER PH

TRICHOME COLOUR AT HARVEST

OVERALL MATURITY (1-10)

PISTIL COLOUR %

WET WEIGHT PER PLANT (g)

PLANT #	WET WEIGHT (g)	DRY WEIGHT (g)	TRIM WEIGHT (g)	WASTE (g)	NOTES

TOTAL WET WEIGHT (G)

TOTAL DRY WEIGHT (G)

TOTAL TRIM (G)

DRY/WET RATIO (%)

DRY DURATION (DAYS)

DRY TEMP (°C)

DRY RH (%)

DRY METHOD

CURING LOG

CURE DATE	DAY #	JAR / CONTAINER	RH (%)	TEMP (°C)	BURP DURATION	SMELL / NOTES

FINAL CURE DURATION (WEEKS)

FINAL PRODUCT QUALITY RATING (1-10)

POST-HARVEST NOTES & IMPROVEMENTS FOR NEXT GROW