



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		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 3 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 4 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)	PH IN / PH OUT		
HUMIDITY (DAY / NIGHT)	EC / TDS IN / OUT		
VPD (KPA)	WATER VOLUME (L)		
CO2 (PPM)	FEED OR PLAIN WATER?		
LIGHT HOURS	NUTRIENT A (ML/L)		
LIGHT INTENSITY (PPFD)	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 5 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 6 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 7 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 8 — GROW LOG

DATE	DAY #	GROWTH STAGE	
ENVIRONMENT		FEEDING & NUTRIENTS	
TEMP (DAY / NIGHT)		PH IN / PH OUT	
HUMIDITY (DAY / NIGHT)		EC / TDS IN / OUT	
VPD (KPA)		WATER VOLUME (L)	
CO2 (PPM)		FEED OR PLAIN WATER?	
LIGHT HOURS		NUTRIENT A (ML/L)	
LIGHT INTENSITY (PPFD)		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 9 — 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 10 — 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 11 — 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 12 — 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

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

[illegible]

ENVIRONMENTAL DATA LOG

[illegible]

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