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# Beer Journal

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A 30-Day Guided Journal



Table / Log

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Pour your beer and note the date, brewery name, and specific beer name
  - Fill in the style (IPA, Stout, Lager, etc.) and ABV from the label or menu
  - Take a moment to smell and describe the aroma before your first sip
  - Sip slowly — note flavor notes (citrus, chocolate, caramel) and mouthfeel (light, creamy, dry)
  - Rate out of 10 and write any final impressions or food pairing ideas



Scan for a detailed guide on how to use this journal



























































