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# Coffee 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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- Log the roaster, origin, and roast level for each coffee
  - Record your brew method, grind size, dose, water temp, and brew time
  - Note flavor notes and rate acidity, body, and overall score
  - Compare entries over time to identify your preferences
  - Use the notes column for anything unusual or worth remembering



Scan for a detailed guide on how to use this journal



























































