A little practice. A better record.

An eight-page printable companion for noticing what changes in your cup.

Use one sheet for a small, deliberate practice session. Choose a recipe, record your starting point, change one thing and decide what is worth repeating.

This journal is a separate digital extra. It does not replace The Barista's Handbook or The Barista Training Workbook, and it is not an assessment or qualification.

INSIDE YOUR JOURNAL

2 Plan a manageable practice session

3 Capture one brew from start to finish

4 Compare two cups fairly

5 Record milk texture and pouring practice

6 Repeat a recipe over several sessions

7 Plan a coffee to share

8 Review a week and choose your next question

Print at actual size on US Letter paper, or choose Fit when using A4. Write your units beside every measurement. Blank sheets may be reprinted for your own practice; resale, redistribution and team copying are not included.

Follow your equipment instructions and applicable food-handling procedures. These sheets do not supply safety limits, storage times or a tested recipe. Keep the original recipe available at baristarecipes.com.

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Choose one useful question.

A short session is easier to repeat when the target is specific.

Date	Recipe / reference	Time available

Today I want to understand...

Example: what changes when I use a different grind setting?

My starting recipe and equipment

The one change I will make

What I will keep the same

What I will observe, and when I will stop

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