PRINTABLE GROW JOURNAL

Mushroom Zen Academy | Draft for owner review | November 2026

Grow identification

Species: _____ Kit/source: _____ Start date: _____ Bag ID: _____

Weekly observation — repeat this page

Date: _____ Week: ____ Approx. room temperature: _____ Visible colonization: _____
Moisture/condensation observations: _____

What changed?

_____

Signs of pins or fruiting?

_____

Questions for MZA

_____

Harvest log

Harvest date: _____ Flush #: _____ Harvest weight: _____ Appearance: _____

Reflection

What worked? _____ What would I change next time? _____

Safety

Observe without opening during colonization. Do not handle or consume suspicious growth.