



FROM THE PRIVATE FILES OF THE DIRT DIVA DIARIES

✓ The 7-Day Sprout Growth Tracker

Check off each rinse. Watch each milestone. Trust the process.

DAY	MORNING	EVENING	JACKET STATUS	THE VISUAL MILESTONE
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Big Sleep: Seeds are soaking or just beginning to swell.
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Awakening: You should see the first tiny white "tails."
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Stretch: "Tails" are growing; keeping them dark encourages them to get longer.
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Explosion: Sprouts are filling the jar. This is the peak growth phase.
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	OFF	The Green-Up: Remove the jacket! Let indirect light hit the new leaves.
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	OFF	The Crunch Test: Taste a few. If they're crunchy and fresh, they're ready!
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	OFF	Harvest: Final rinse, dry thoroughly, and store in the fridge.

✂ cut here ✂



FROM THE PRIVATE FILES OF THE DIRT DIVA DIARIES

✓ The 7-Day Sprout Growth Tracker

Check off each rinse. Watch each milestone. Trust the process.

DAY	MORNING	EVENING	JACKET STATUS	THE VISUAL MILESTONE
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Big Sleep: Seeds are soaking or just beginning to swell.
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Awakening: You should see the first tiny white "tails."
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Stretch: "Tails" are growing; keeping them dark encourages them to get longer.
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	ON	The Explosion: Sprouts are filling the jar. This is the peak growth phase.
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	OFF	The Green-Up: Remove the jacket! Let indirect light hit the new leaves.
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	OFF	The Crunch Test: Taste a few. If they're crunchy and fresh, they're ready!
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	OFF	Harvest: Final rinse, dry thoroughly, and store in the fridge.