

YOUR FIRST 15 MINUTES

Make one useful record today.

Pick one plant or bed and one measurement. You do not need a jasmonate treatment to use this workbook.

Minutes 1-3 / define

Open the baseline sheet. Name the plant, place and question. Choose a measurement you can repeat: usable fruit mass at a picking, plant height, or emerged seedlings out of seeds sown.

Minutes 4-8 / measure

Write the tool, unit and method. Take one real reading. If no reading is available, leave the value blank and plan the next observation; do not invent a zero.

Minutes 9-12 / record

Write the date, measured value, method and conditions. Use the observation log or the supplied CSV. Keep what happened separate from why you think it happened.

Minutes 13-15 / keep

Save a dated copy in your own folder. If using the digital notebook included in the full kit, export JSON and locate the downloaded backup. Choose the date of your next reading.

Use the light fields in a compatible PDF reader or print the pages. Fillable fields save your text; they do not calculate results. CSV templates work in spreadsheet software.

03 / OBSERVATION LOG

One row per measurement event.

Keep the same unit and method across comparable rows. Use the editable CSV for longer notes.

Plant label / crop / unit / method reference

Date / time	Measurement	Value / unit	Method, conditions and notes

Blank means not measured. Zero is a measured value. A record of one plant at several dates is repeated observation, not several independent plants.