

Printable Sublimation Heat Setting Tracker

Keep this tracker by your press to log your sublimation settings and results. It helps you find the perfect combination of temperature, time, and pressure for every material. Record what works best to save blanks and reduce reprints.

Material	Temp (°C)	Time	Pressure	Result	Notes
Polyester Shirt	190°C	50s	Medium	Good	Bright colors, crisp edges
Mug (Press)	193°C	200s	Firm	Excellent	Perfect wrap, no fading
Tumbler (Oven)	185°C	6m	Shrink Wrap	Excellent	Even transfer, vivid finish
Canvas Tote	196°C	55s	Medium	Good	Full coverage, no patching
Hardboard	200°C	70s	Medium	Fair	Slight yellowing, try 195°C ne

Pro Tip: Print a few blank copies of this tracker and fill one out for each new batch or blank type. Tracking small adjustments helps you dial in your press perfectly over time.