

Daily Heat Log

Use this sheet to record heat settings, humidity, and results for each sublimation job.

Date	Item Pressed	Temperature	Time	Pressure	Humidity	Result	Notes

Weekly Calibration Tracker

Track how accurately your heat press is performing each week. Variances over 10°F may require adjustment.

Week	Display Temp	Actual Temp	Variance	Center Heat	Corner Heat	Action Needed

Moisture & Humidity Tracker

Record humidity levels and pre-press habits to identify patterns that affect sublimation quality.

Date	Humidity Level	Pre-Press Time	Final Output	Notes