

Downloadable Studio Tracker & Checklist

Your personal 70■minute workflow planner

Daily Calendar (Monday–Friday, 8 a.m.–6 p.m.)

Time	Task / Notes
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	

Inventory Log

Item	Quantity	Cost
Heat Press		
Sublimation Paper		
Ink		
Substrates		

70■ Minute Workflow Timer

Step	Minutes	Check
Glass Preparation	10	
Printing	15	
Pre■Heat	10	
Heat Press	15	
Cooldown	20	

Quick■Tip Deck

- Smearing: Reduce pressure and secure transfer firmly.
- Mis■alignment: Use heat■resistant tape and guides.
- Low Color: Check ICC profile and temperature settings.
- Ghosting: Allow full cooldown before removing paper.
- Fading: Confirm substrate coating quality.