



ARDENT WORKSHOP

FREE STARTER · ARDENT WORKSHOP

Tasting Journal Starter

Score what you drink the same way every time. Free from Ardent Workshop.

[Free starter guide](#)



Your free tasting-log starter

A tasting note you can't find again might as well not exist. This free starter is one tab: one row per glass. Score four things, tag what you found, and the sheet keeps a running tally of which flavor families you actually score highest — not which ones you think you like.

How to score a tasting

Score the same four dimensions, in the same order, every time — that consistency is what makes a score comparable to the one you gave last month. **Nose** — what it gives you before you sip. **Palate** — the drink itself. **Finish** — how long it stays and what it leaves behind. **Balance** — whether the parts add up to one thing. Score each 1-10, and **Score /100** combines them for you, weighted 25% Nose, 35% Palate, 25% Finish and 15% Balance — Palate carries the most because it is the drink. This starter cannot change that split; the full journal puts the four weights on a Setup tab and recalculates every score the moment you change one.

Flavor tags

Tag every tasting with two or three flavor families, separated by commas, using these fourteen names exactly: **Peat & Smoke, Sherry & Dried Fruit, Vanilla & Caramel, Oak & Spice, Orchard Fruit, Citrus, Berry & Red Fruit, Floral, Honey & Malt, Nut & Cocoa, Herbal & Grassy, Mineral & Saline, Leather & Tobacco, Tropical**. The strip below the log averages your own Score /100 by family and ranks your top three — the same technique the full journal's Palate Profile runs across every category and region you have logged.

How to use it

- 1 Open **Tasting-Journal-Starter.xlsx** in Excel, Google Sheets, or LibreOffice. It opens on ten fictional example tastings so you can see it working.
- 2 Clear the example rows — the cream cells only — and log your own: bottle, producer, category, the four scores, your flavor tags and a rebuy call.
- 3 Watch the **YOUR TOP FLAVOR FAMILIES** strip below the log update as you go. It needs a handful of tastings logged before it says anything worth trusting.

One tab is a habit. Nine tabs is a palate.

This starter proves the idea — score consistently, tag honestly, and a pattern shows up after a few dozen tastings. It does not do the rest of the arithmetic.

WHAT THE FULL JOURNAL ADDS

The full **Whiskey, Wine & Spirits Tasting Journal** adds a **Bottle Log** that works out what a pour of each bottle actually costs you and a **Value Index** for whether it is earning that price; the full **Palate Profile** across all fourteen families, broken out by category and by region; a **Wishlist** scored against your own profile as a Match %; a per-category **freshness** flag for every open bottle; curated **Flavor Wheel** and **Regions & Styles** reference tabs; and a one-click **Google Sheets** copy — one file for Excel, Google Sheets and LibreOffice. [Get the full Tasting Journal >](#)

See the full range at ardentworkshop.com.

The example tastings and bottles are invented and illustrative — not real bottles, producers or prices. This is a personal tasting journal, not advice about drinking, buying or investing.

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