

Cooling log

Stage 1: down to your stage 1 target within 2 hours of the start. Stage 2: down to your final target within 4 more hours — 6 hours in total. Write both targets in below.

These are common defaults, not legal requirements. Set the values your health department expects.

Location

Month

Stage 1 target (°C)

Stage 2 target (°C)

Filled in by

Date	Food item	Start time	Start temp	Stage 1 due (start + 2h)	Time checked	Temp	Stage 2 due (start + 6h)	Time checked	Temp	If a target was missed, what you did	Init.

Both deadlines are counted from the start time, not from the last check. Finishing stage 1 early does not buy extra time for stage 2.

ChillCheck is a record-keeping tool. It does not determine whether food is safe to serve, and it does not certify compliance with any regulation. Always follow your local health department’s requirements.