

Cooling log

Stage 1: 135°F down to 70°F within 2 hours of the start. Stage 2: down to 41°F within 4 more hours — 6 hours in total.

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

Location

Month

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.