

# 30-Day Coffee Challenge

One small challenge a day to become a better coffee lover

● FOUNDATIONS ● EXPLORE ● TECHNIQUE ● MASTERY

|                                                         |                                                       |                                                       |                                                 |                                                      |
|---------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|------------------------------------------------------|
| <b>1</b><br>Weigh your coffee & water for one brew      | <b>2</b><br>Drink your coffee black, no sugar or milk | <b>3</b><br>Name 3 flavours you can taste             | <b>4</b><br>Grind fresh just before brewing     | <b>5</b><br>Try a new water temperature              |
| <b>6</b><br>Brew one coffee two different ways          | <b>7</b><br>Deep-clean all your coffee gear           | <b>8</b><br>Try a single-origin coffee                | <b>9</b><br>Explore beans from a new country    | <b>10</b><br>Brew a light roast                      |
| <b>11</b><br>Brew a dark roast                          | <b>12</b><br>Compare light vs dark side by side       | <b>13</b><br>Visit a coffee shop you have never tried | <b>14</b><br>Ask a barista for a recommendation | <b>15</b><br>Try a brand-new brewing method          |
| <b>16</b><br>Change your grind size & taste it          | <b>17</b><br>Master a clean pour over                 | <b>18</b><br>Brew a full-bodied French press          | <b>19</b><br>Start a cold brew batch overnight  | <b>20</b><br>Test a different coffee-to-water ratio  |
| <b>21</b><br>Time & log your brew start to finish       | <b>22</b><br>Do a blind taste test with a friend      | <b>23</b><br>Pair your coffee with a food             | <b>24</b><br>Make a latte or cappuccino at home | <b>25</b><br>No caffeine after 2pm, check your sleep |
| <b>26</b><br>Learn your favourite coffee's origin story | <b>27</b><br>Try a natural-process coffee             | <b>28</b><br>Make a refreshing iced coffee            | <b>29</b><br>Rank your top 3 cups of the month  | <b>30</b><br>Brew your perfect cup, apply it all     |

## YOU DID IT! · HOW WAS YOUR MONTH?

Tick off each day as you go. By Day 30 you will have explored new roasts, methods and flavours, and dialled in your perfect cup. Use our free brewing calculators at [CoffeeCraftGuide.com](https://www.coffeecraftguide.com) to nail every challenge.