

Houseplant Observation Checklist

A gentle guide in noticing before doing

This checklist is a place to pause and practice noticing. You are observing your plant as it is today. There's no need to diagnose problems or act straight away just yet. Over time, these small observations help you learn what feels normal for your plant in your home.

Light

- ☐ Bright, indirect
- ☐ Direct sunlight
- ☐ Low light / shade

Notes: _____

Leaves

- ☐ Colour (green, pale, darker, mottled)
- ☐ Texture (smooth, leathery, soft)
- ☐ Firmness (firm, flexible, soft)
- ☐ Posture (upright, relaxed, drooping)

Notes: _____

Soil & Pot

- ☐ Dry
- ☐ Slightly damp
- ☐ Wet
- ☐ Pot feels light
- ☐ Pot feels heavy

Notes: _____

Room Conditions

☐ Cool

☐ Warm

☐ Mixed or changing

Notes: _____

Time & Context

☐ Spring ☐ Summer ☐ Autumn ☐ Winter

☐ New plant

☐ Recently moved

☐ Recent weather change

☐ No recent changes

Other Observations

Plants change slowly. Noticing is enough for now.