

Template: Cannabis Cultivation Checklist

Generated: 12/5/2025

Based on Article: "Mastering Indoor vs. Outdoor Cultivation: What Every Grower Needs to Know"
Website: <https://theseedconnect.com>

A practical checklist for ensuring optimal cannabis growth conditions for both indoor and outdoor cultivation.

Checklist Items:

- ☐ **1. Choose Appropriate Seed Genetics**
Select feminized, autoflower, or robust outdoor strains that match your growing environment for reduced early-stage risks.
Reference Section: Indoor vs. Outdoor Cannabis Cultivation
- ☐ **2. Prepare Growing Environment**
For indoor setups, ensure proper temperature, humidity, and light control using equipment like LEDs and HVAC systems. For outdoor, choose a suitable site and amend soil.
Reference Section: How Does It Work? Key Cannabis Growth Conditions Compared
- ☐ **3. Set Light Intensity and Spectrum**
Maintain appropriate light intensity (PPFD) for vegetative and flowering phases, utilizing spectrum-rich LEDs indoors or ensuring full-spectrum sunlight outdoors.
Reference Section: How Does It Work? Key Cannabis Growth Conditions Compared
- ☐ **4. Monitor Temperature and Humidity**
Keep indoor temperatures between 70-85°F and humidity around 40-60% to optimize plant metabolism and reduce disease risk.
Reference Section: How Does It Work? Key Cannabis Growth Conditions Compared
- ☐ **5. Establish Watering Schedule**
Implement a consistent moisture cycling routine, allowing for drying cycles to prevent overwatering and promote healthy root development.
Reference Section: Common Problems
- ☐ **6. Schedule Crop Cycles**
Plan cycles for indoor setups to maximize harvests and align outdoor plants' growth with local seasons and photoperiod changes.
Reference Section: Site Preparation
- ☐ **7. Adjust Nutrient Strategies**
Tailor nutrient feeding based on growth stage, monitoring for signs of deficiencies or excess, and adjusting according to plant feedback.
Reference Section: Real-World Examples: Case Studies and Practical Setups
- ☐ **8. Implement Pest and Disease Management**
Regularly inspect plants and apply integrated pest management (IPM) strategies to mitigate threats, particularly in outdoor environments.
Reference Section: Common Misconceptions and Myth-Busting

- ☐ **9. Evaluate and Adjust Growing Strategy**
After each crop cycle, review performance metrics and adjust practices based on observed outcomes, ensuring continuous improvement.
Reference Section: Step-by-Step Decision Checklist