

# Template: Cannabis Growth Environmental Control Checklist

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Based on Article: "The Role of Humidity and Temperature in Cannabis Growth"

Website: <https://theseedconnect.com>

A practical checklist for managing humidity and temperature during cannabis growth stages to optimize yield and prevent mold.

## Checklist Items:

- 1. Measure Humidity and Temperature**  
Place a calibrated hygrometer and thermometer at canopy level. Log hourly readings for a minimum of 72 hours to get accurate data on environment conditions.  
Reference Section: [Measuring your environment: tools and best practices](#)
- 2. Identify Environmental Fluctuations**  
Spot and document day/night or lights-on/off spikes in temperature and humidity that may correlate with plant symptoms.  
Reference Section: [What if your grow tent conditions are quietly sabotaging yield?](#)
- 3. Ensure Proper Airflow**  
Increase inline fan speed and add oscillating fans to prevent stale, humid air pockets. Rework intake and exhaust systems if necessary.  
Reference Section: [Controlling humidity and temperature: practical solutions](#)
- 4. Control Humidity Levels**  
Utilize a small dehumidifier or air conditioning unit to maintain humidity levels at 40-50% during the flowering stage.  
Reference Section: [Controlling humidity and temperature: practical solutions](#)
- 5. Stabilize Temperature Ranges**  
Use thermostat-controlled heaters or air conditioning to maintain a 10-15°F temperature differential between day and night without large swings.  
Reference Section: [Controlling humidity and temperature: practical solutions](#)
- 6. Adjust for Growth Stage**  
Monitor and adjust humidity and temperature settings according to each growth stage: Seedling (65-70% RH, 72-79°F), Early Vegetative (60-65% RH, 72-79°F), Late Vegetative (50-60% RH, 75-82°F).  
Reference Section: [Ideal humidity and temperature ranges by growth stage](#)
- 7. Maintain Higher Humidity for Seedlings**  
For seedlings, use a humidity dome or humidifier and ensure gentle airflow to keep the young plants hydrated and stress-free.  
Reference Section: [Ideal humidity and temperature ranges by growth stage](#)
- 8. Utilize Efficient Resource Management**  
Tighten monitoring and control the microclimate effectively to prevent surprises at harvest, focusing on small but consistent adjustments.  
Reference Section: [What if your grow tent conditions are quietly sabotaging yield?](#)

## 9. Regularly Inspect Plants for Symptoms

Check for any signs of stress or pests on your plants that could indicate environmental problems or improper humidity/temperature settings.

Reference Section: Common problems tied to wrong humidity or temperature and fixes