DIALED IN ENVIRONMENTS

HOW TO USE THIS GUIDE:

These charts function like a feeding schedule for your lighting. Select the recipe that matches your room's goals, follow the week-by-week columns, and apply only the listed settings for each spectrum.

- Pick one recipe and stick with it for the full run.
- All recipes ramp Full+Red to 100% between Days 18–21. Starting on Day 3 of each week, increase Full+Red by 5% per day until you reach the next week's target.
- Change one variable at a time, log the result, and roll back one step if plants show stress.

TIME ANCHORS (T0, T6, T12):
- T0: Lights on.
- T6: Mid-day (6 hours after T0).
- T12: Lights off (12 hours after T0).
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All FR and UV windows in the recipes use these anchors so you can plug them into any lights-on time.

#1. BALANCED RECIPE:

Default for most rooms and cultivars. Simple ramp to 100% Full+Red, safe FR pulses at dawn/dusk, optional mid-day FR once the room proves stable, and short late-flower UV.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
FULL+RED (FULL SPECTRUM)		50%	75%	100%	100%	100%	100%	100%	100%	100%
FAR RED	T0	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T6	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T12	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
UV	T6	OFF	OFF	OFF	OFF	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%

LIGHTING SCHEDULES
Week-by-Week Recipes for Dialed In Rooms

#2. QUALITY RECIPE:

Bias toward resin, color, and aroma. FR is restrained early, then used more late for finish support. UV comes in slightly earlier and runs a bit longer than Balanced.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
FULL+RED (FULL SPECTRUM)		50%	75%	100%	100%	100%	100%	100%	100%	100%
FAR RED	T0	OFF	OFF	OFF	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T6	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T12	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
UV	T6	OFF	OFF	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%

#3. YIELD RECIPE:

For rooms with strong HVAC/irrigation that want maximum lower-canopy contribution. FR uses all three daily windows from the start. UV is still a short mid-day pulse.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
FULL+RED (FULL SPECTRUM)		50%	75%	100%	100%	100%	100%	100%	100%	100%
FAR RED	T0	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T6	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
	T12	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%
UV	T6	OFF	OFF	OFF	OFF	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%	5 MIN @ 100%