

FREE PRINTABLE TEMPERATURE LOG

Refrigerator and Freezer Blackout Log

01

TRACK TEMPERATURE

Keep appliance doors closed. Record time and thermometer readings without creating unnecessary door openings. Use current FDA guidance to evaluate food after power returns.

OUTAGE START DATE AND TIME

POWER RESTORED DATE AND TIME

REFRIGERATOR STARTING TEMPERATURE

FREEZER STARTING TEMPERATURE

Temperature and door-opening log

TIME	FRIDGE °F	FREEZER °F	DOOR OPENED?	REASON OR ACTION

Before an outage

- ☐ Refrigerator at or below 40°F
- ☐ Freezer at or below 0°F
- ☐ Thermometers visible inside both
- ☐ Frozen water and gel packs ready
- ☐ Cooler and ice source identified

During an outage

- ☐ Doors kept closed as much as possible
- ☐ Outage start time recorded
- ☐ No food safety decision based on smell
- ☐ Cooler used if official guidance requires it
- ☐ Local emergency notices checked

4h

FDA refrigerator benchmark

An unopened refrigerator keeps food cold for about four hours. A full unopened freezer holds temperature for about 48 hours, or about 24 hours when half full.

Notes

BATTERY BACKUP RECORD

Refrigerator power test

02

MEASURE RUNTIME

REFRIGERATOR MODEL

POWER STATION MODEL

24-HOUR MEASURED REFRIGERATOR KWH

MEASURED STARTUP WATTS

Controlled test log

DATE AND TIME	BATTERY %	FRIDGE °F	FREEZER °F	INPUT OR OUTPUT W	ACTION

Runtime result

Starting battery _____

Ending battery _____

Elapsed time _____

Estimated safe reserve _____

Pass criteria

- ☐ Compressor started reliably
- ☐ No overload or temperature alarm
- ☐ Food temperatures monitored
- ☐ Required runtime achieved
- ☐ Recharge plan remains practical

Food evaluation after restoration

- ☐ Use thermometer readings and current official guidance
- ☐ Evaluate each freezer package when required
- ☐ Do not rely on appearance or odor
- ☐ Discard food when official guidance says to discard it
- ☐ Document loss before disposal if needed for insurance



Battery runtime is not proof of food safety

The refrigerator may cycle, doors may open, and temperatures may rise differently across compartments. Thermometer readings and official food-safety guidance control the decision.

Result and changes needed