

Fungus Gnat Troubleshooting & Monitoring Sheet

A practical log for indoor pots; use the plant's actual moisture needs rather than a fixed watering calendar.

Article Guide: <https://plantogrove.com/garden/why-fungus-gnats-keep-coming-back-houseplants>

Section A - Identify the source

Plant name / species: _____ Room / location: _____

Pot drains freely? Yes ☐ No ☐ Unsure ☐

Where are adults seen? Pot soil ☐ Window ☐ Drain ☐ Food area ☐ Other: _____

Evidence of larvae or soil source: _____

Could a different fly be involved? _____

Section B - Check the conditions

Last watering and how it was decided: _____

Soil surface condition: Dry ☐ Slightly moist ☐ Wet ☐

Deep mix condition if safely checked: _____

Standing water in saucer/cachepot? _____

Drainage or mix issues to correct: _____

Plant-specific water needs to protect: _____

Section C - Monitoring log (6 rows)

Date	Same trap location?	Adults noticed / card catches	Surface condition	Actions taken	Plant response

Informational gardening reference. Follow plant-specific care and all product-label directions.

Page 1 of 2

Guidance source list: UMN Extension, Wisconsin Extension, UC IPM, Maryland Extension:

UMN Extension: <https://extension.umn.edu/garden-and-home/yard-and-garden/insects/insects-on-indoor-plants>

Wisconsin Extension: <https://hort.extension.wisc.edu/articles/fungus-gnats-on-houseplants/>

UC IPM: <https://ipm.ucanr.edu/home-and-landscape/fungus-gnats/>

Maryland Extension: <https://extension.umd.edu/resource/fungus-gnats>

Section D - Decision check

- ☐ [] Insects identified or source narrowed down
- ☐ [] Nearby pots checked
- ☐ [] Standing water/debris removed
- ☐ [] Watering adjusted for this plant, not a universal schedule
- ☐ [] Sticky card used as a monitor
- ☐ [] If Bti used, checked exact current label and recorded applications
- ☐ [] Signs of plant stress investigated separately

Review questions:

Is insect activity trending down? What stays wet too long? Is another pot or drain involved?
What one adjustment will you make next?

Notes:
