



Daily Setup Sheet

Track _____ *CW CCW* Date _____ Temp _____ Weather _____

Bike _____ Fuel _____ Rider _____ Wheels _____ Rider Weight _____

Recent Maint/Repairs _____

Needed Maint/Repairs _____

Tires: *Dot Slick* Brand _____ Compound: F _____ R _____ Age: F _____ R _____

Wear: F – Laps _____ Sessions _____ Heat Cycles _____ Notes _____

R – Laps _____ Sessions _____ Heat Cycles _____ Notes _____

| <u>Front</u> | <i>start</i> | <i>end</i> | <i>range</i> | <i>notes</i> | <u>Rear</u> | <i>start</i> | <i>end</i> | <i>range</i> | <i>notes</i> |
|---------------|--------------|------------|--------------|--------------|---------------|--------------|------------|--------------|--------------|
| Ride Height | _____ | _____ | _____ | _____ | Ride Height | _____ | _____ | _____ | _____ |
| Free Sag | _____ | _____ | _____ | _____ | Free Sag | _____ | _____ | _____ | _____ |
| Rider Sag | _____ | _____ | _____ | _____ | Rider Sag | _____ | _____ | _____ | _____ |
| Preload | _____ | _____ | _____ | _____ | Preload | _____ | _____ | _____ | _____ |
| Rebound | _____ | _____ | _____ | _____ | Rebound | _____ | _____ | _____ | _____ |
| H Comp | _____ | _____ | _____ | _____ | H Comp | _____ | _____ | _____ | _____ |
| L Comp | _____ | _____ | _____ | _____ | L Comp | _____ | _____ | _____ | _____ |
| Spring Rate | _____ | _____ | _____ | _____ | Spring Rate | _____ | _____ | _____ | _____ |
| Damper | _____ | _____ | _____ | _____ | Swingarm Lgth | _____ | _____ | _____ | _____ |

Daily Plan:

Rider _____

Bike _____

Track _____

Observations/Conclusions:

Rider _____

Bike _____

Track _____

Notes: _____