



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: _____