

Details / date & Event

Front end:		Session1	Session2	Session3	Session4
Front tyre size, type & comp					
Front tyre cold & hot pressure psi	C- H-				
Fork oil weight & level	wt mm				
Spring weight & spacer length	kg mm				
Fork leg outer tube thru clamp	mm				
Spring pre-load (turns from fully in)	out				
Compression clicks from fully in	out				
Rebound clicks from fully in	out				
Static & Rider sag (mm)	S= R=				
Steering damper clicks frm fully in	clicks				
Front Brake pad type & condition					
Rear End					
Rear tyre size,type & comp					
Rear tyre cold & hot pressure	C- H-				
Spring kg & preload thread showing	kg mm				
Ride height (threads showing mm)	mm				
Compression clicks from fully in	out				
Rebound clicks from fully in	out				
Static & Rider sag (mm)	S= R=				
Gearing front & rear sizes	F= R=				
Chain length on swingarm	S M L				
Engine					
Fuel type being used					
Fuel consumption ml per lap	ml				
Oil type & grade being used					
Fuel injection map being used					

Lap time of session					
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Days Notes