

Setting Log

Date: _____ Circuit _____

Rider: _____ Weather _____

Machine _____ Year _____

R1 _____ F1 _____

R2 _____ Static Sag _____ F2 _____ Static Sag _____

R3 _____ Race Sag _____ F3 _____ Race Sag _____

Rake angle _____ Offset _____ Trail _____ Rolling Radius _____

Wheelbase _____ Static CofG _____ Front Tyre _____ Rear Tyre _____

	Run #	Notes
Fork/triple clamps		
Air gap		
Fork Spring Rate		
Fork Spring Preload		
Fork Comp		
Fork Reb		
Shock spring rate		
Shock Spring Preload		
Shock Comp Hi		
Shock Comp Low		
Shock Rebound		
Rear Ride Height		
Steering Damper		
Gearing Front/Rear		
Final Drive Ratio		
Best Lap Time		

