

Advanced Motorcycle Setup and Suspension Log

(Includes Facility Information)

Date ____/____/____
Time ____:____ am/pm

Rider Information

Rider Name _____
Riders Weight (in full gear, ready to ride / race) _____
Riders Height _____
Riders Skill Level _____

Facility and Terrain Information

Facility _____
Address / GPS Coordinates _____

Discipline: *(E.g. Motocross, Off-Road (includes Endurocross), FMX)* _____

Weather Conditions _____
Ambient Temperature _____
Humidity _____
Elevation _____

Terrain Conditions at above Facility during time of visit

(E.g. Sand, Roots, Mud, Ruts, Rocks, Loam, Square Edge Holes, Hard Pack, Man Made Obstacles etc.)

Motorcycle Information

Bike Brand _____
Bike Model _____
Bike Displacement _____
Bike Number _____

Engine Information

Engine Oil(s)

Engine Oil Type / Viscosity _____

Gear Oil Type / Viscosity _____

Jetting Specs

(Adjust these specifications per Weather, Temperature, Humidity, Elevation and Terrain as listed above)

Air Filtration (Twin Air, Loudmouth, K&N etc) _____

Air Filter Oil Type _____

Fuel Type / Octane _____

Premix Type _____

Premix Ratio _____

Main Jet _____

Pilot Jet _____

Power Jet (4 Strokes) _____

Leak Jet _____

Needle _____

Clip Position (from top) _____

Air Screw Turns Out (2 Strokes) _____

Fuel Screw Turns Out (4 Strokes) _____

Exhaust

Header / Mid-Pipe / Expansion Chamber Type _____

Silencer / Spark Arrestor Type _____

Carburetor or Engine Modifications and Tuning Information

(E.g. Cylinder Head Modifications, Cylinder Porting, Rekluse / Auto Clutch etc)

Chassis Information

Handlebar Type _____

Handlebar Bend _____

Handlebar Width _____

Handlebar Grip Compound / Type _____

Seat Cover Type (Gripper / Non-Grip) _____

Foot Peg Type _____

Braking

Front Rotor Type and Size (*E.g. Solid, Vented, Wave etc*) _____

Front Brake Pad Type and Compound _____

Rear Rotor Type and Size (*E.g. Solid, Vented, Wave etc*) _____

Rear Brake Pad Type and Compound _____

Gearing

Front Sprocket _____

Rear Sprocket _____

Chain _____

Steering

Damper Clicks out from full hard _____

Triple Clamp Off-Set _____

Steering Head Tension / Torque _____

Additional Accessories Installed / Used / Tested

(*E.g. Hand Guards, Skid / Glide Plate, Holeshoot Device, Brake Snake etc.*)

Suspension

Fork Information

Spring Rate _____
Spring Sag _____
Unladen Sag _____
Spring Preload _____
Fork Height _____

Fork Damping

Compression adjuster clicks from full hard _____
Rebound adjuster clicks from full hard _____

Fork Oil Type _____
Fork Oil Viscosity _____
Fork Oil Height _____

Shock Information

Spring Rate _____
Spring Sag _____
Unladen Sag _____
Shock Linkage (*E.g. OEM, Aftermarket +1mm, -1mm etc*) _____

Shock Damping

Low Speed Compression adjuster clicks from full hard _____
High Speed Compression adjuster turns from full hard _____
Rebound adjuster clicks from full hard _____

Shock Oil Type _____
Shock Oil Viscosity _____
Nitrogen Pressure _____

Additional Suspension Tuning Notes:
