

# Basic 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.)*

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## Motorcycle Information

Bike Brand \_\_\_\_\_  
Bike Model \_\_\_\_\_  
Bike Displacement \_\_\_\_\_  
Bike Number \_\_\_\_\_

## 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, Holeshot Device, Brake Snake etc.*)

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# 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:

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