

# Advanced Motorcycle Setup and Suspension Log

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time \_\_\_\_ : \_\_\_\_ AM/PM

## **Rider Information**

Rider Name and Number: \_\_\_\_\_

Rider Weight (*Wearing Full Gear*): \_\_\_\_\_

## **Facility and Terrain Information**

Facility: \_\_\_\_\_

Address: \_\_\_\_\_

Weather Conditions: (*e.g., Rain, Cloudy, Sunshine*): \_\_\_\_\_

Ambient Temperature: \_\_\_\_\_

Elevation: \_\_\_\_\_

### Additional Conditions Noted at Facility During Visit

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

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## **Motorcycle Information**

Bike Year, Brand, Model and Displacement: \_\_\_\_\_

## **Engine Information**

### **Engine Oil(s)**

Engine Oil Type / Viscosity: \_\_\_\_\_

Gear Oil Type / Viscosity: \_\_\_\_\_

### **Jetting Specs**

(*Adjust jetting specifications per Weather, Temperature, Elevation and Terrain as Listed Above*)

Air Filtration (*e.g., Twin Air, Loudmouth, K&N etc*): \_\_\_\_\_

Air Filter Oil Type: \_\_\_\_\_

Fuel Type / Octane: \_\_\_\_\_

Premix Type: \_\_\_\_\_

Premix Ratio: \_\_\_\_ : \_\_\_\_

Main Jet: \_\_\_\_\_  
Pilot Jet: \_\_\_\_\_  
Power Jet (4 Stroke) \_\_\_\_\_  
Leak Jet: \_\_\_\_\_  
Needle: \_\_\_\_\_  
Clip Position (From Top): \_\_\_\_\_  
Air Screw Turns Out (2 Stroke) \_\_\_\_\_  
Fuel Screw Turns Out (4 Stroke) \_\_\_\_\_

**Exhaust**

Header / Mid-Pipe / Expansion Chamber Type: \_\_\_\_\_  
Silencer / Spark Arrestor Type: \_\_\_\_\_

**Additional Carburetor or Engine Modifications and Tuning Information**

*(e.g., Cylinder Head Modifications, Cylinder Porting, Use of Auto Clutch etc.)*

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**Chassis Information**

Handlebar Type, Bend and Width: \_\_\_\_\_  
Handlebar Grip Compound / Type: \_\_\_\_\_  
Seat Cover Type: (e.g., *Gripper / Non – Grip*) \_\_\_\_\_  
Foot Peg Type: \_\_\_\_\_

**Braking**

Front

Front Rotor Type and Size: \_\_\_\_\_  
Front Brake Pad Type and Compound: \_\_\_\_\_

Rear

Rear Rotor Type and Size: \_\_\_\_\_  
Rear Brake Pad Type and Compound: \_\_\_\_\_

**Gearing**

Front Sprocket: \_\_\_\_\_  
Rear Sprocket: \_\_\_\_\_  
Chain (e.g., *O-Ring / Non O-Ring*): \_\_\_\_\_

## **Steering**

Damper Clicks Out From Full Hard: \_\_\_\_\_

Triple Clamp Offset: \_\_\_\_\_

Steering Stem Nut Tension / Torque: \_\_\_\_\_

### Additional Accessories Installed / Tested / Used

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

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## **Suspension**

For Suspension Tuning Tips, See Our [Articles on Setting Up the 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+Imm, -Imm 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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**Tire and Wheel Information**

**Front**

Wheel Size: \_\_\_\_\_

Tire Brand: \_\_\_\_\_

Tire Model: \_\_\_\_\_

Tire Size: \_\_\_\_\_

Tire Condition: \_\_\_\_\_

Tube or Bib Mousse: \_\_\_\_\_

Tire Pressure Cold: \_\_\_\_\_

Tire Pressure Hot: \_\_\_\_\_

**Rear**

Wheel Size: \_\_\_\_\_

Tire Brand: \_\_\_\_\_

Tire Model: \_\_\_\_\_

Tire Size: \_\_\_\_\_

Tire Condition: \_\_\_\_\_

Tube or Bib Mousse: \_\_\_\_\_

Tire Pressure Cold: \_\_\_\_\_

Tire Pressure Hot: \_\_\_\_\_

Additional Tuning Notes:

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