



Track: _____

Date: _____

Rider: _____

Session	#1	#2	#3	#4	#5	#6
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Track temp.							
Air temp.							
Best lap time							
F R O N T	Pressure						
	Comp						
	Rebound						
	Preload						
	SAG						
R E A R	Pressure						
	Comp						
	Rebound						
	Preload						
	SAG						
Notes	Comments	Comments	Comments	Comments	Comments	Comments	