

Stock / Mild Bolt-Ons (intake, headers, exhaust, tune)  
Heat Range: Stock plug recommended by OEM

High-Compression NA (10.5:1+), or Aggressive Cam  
Heat Range: 1 step colder than stock

Mild Boost (6–10 psi) or 75–150hp Nitrous  
Heat Range: 1 step colder (sometimes 2 if timing is aggressive)

High Boost (15+ psi), Big Nitrous (200+hp), or Track-Only  
Heat Range: 2 steps colder than stock

Extreme Race Applications (30+ psi, methanol, very high compression)  
Heat Range: 2–3 steps colder, usually non-projected tip

NGK	Champion	AC Delco
5-6	54-55	44-45
7	53	43
7	53	43
8	52	42
10	51-50	41-40

Heat Range Chart		
	NGK	AC Delco
HOTTER	2	9
	4	8
	5	7
	6	6
	7	5
	8	4
	9	3
	9.5	2
	10	1
	10.5	0
	11	
	11.5	
COLDER	12	

#### ⚡ Pro Tips

Always start conservative (stock or 1 step colder) and read the plugs after a wide-open-throttle pull.

White blistering = too hot.

Sooty black = too cold.