

TRACK RECORD SHEET

@GARAGEBIKEBUILDZ



@GarageBikeBuildz
YouTube

FOR GUIDES ON SETTING SAG,
SUSPENSION, GEARING, RIDE
HEIGHT, BRAKES, TYRE
PRESSURES & MUCH MORE,
SCAN THE QR CODE!



USE THESE SHEETS TO NOTE DOWN YOUR BIKE SETTINGS FOR
EACH SESSION. WE ADVISE MAKING ONLY ONE CHANGE AT A TIME.

DATE	
CIRCUIT	
BIKE MODEL	
SUSPENSION NOTES	
FRONT SPRING RATE	
FRONT AIR GAP	
REAR SPRING RATE	
P = PRELOAD C = COMPRESSION/TENSION R = REBOUND	
MAKE & SPEC OF TYRES	
F	R

SESSION 1			
WEATHER & TEMP			°C
TYRE PRESSURES (HOT)		F	PSI
		R	PSI
FRONT SUSPENSION SETTINGS			
P		C	R
REAR SUSPENSION SETTINGS			
P		C	R
RIDE HEIGHT (mm)		F	R
SPROCKETS		F	T
		R	T
STEERING DAMPER SETTING			
NOTES			
BEST LAP TIME			

SESSION 2				
WEATHER & TEMP				°C
TYRE PRESSURES (HOT)		F	PSI	R
FRONT SUSPENSION SETTINGS				
P		C		R
REAR SUSPENSION SETTINGS				
P		C		R
RIDE HEIGHT (mm)		F		R
SPROCKETS		F	T	R
STEERING DAMPER SETTING				
NOTES				
BEST LAP TIME				

SESSION 3				
WEATHER & TEMP				°C
TYRE PRESSURES (HOT)		F	PSI	R
FRONT SUSPENSION SETTINGS				
P		C		R
REAR SUSPENSION SETTINGS				
P		C		R
RIDE HEIGHT (mm)		F		R
SPROCKETS		F	T	R
STEERING DAMPER SETTING				
NOTES				
BEST LAP TIME				

SESSION 4					
WEATHER & TEMP					°C
TYRE PRESSURES (HOT)		F	PSI	R	PSI
FRONT SUSPENSION SETTINGS					
P		C		R	
REAR SUSPENSION SETTINGS					
P		C		R	
RIDE HEIGHT (mm)		F		R	
SPROCKETS		F		T	R
STEERING DAMPER SETTING					
NOTES					
BEST LAP TIME					

SESSION 5					
WEATHER & TEMP					°C
TYRE PRESSURES (HOT)		F	PSI	R	PSI
FRONT SUSPENSION SETTINGS					
P		C		R	
REAR SUSPENSION SETTINGS					
P		C		R	
RIDE HEIGHT (mm)		F		R	
SPROCKETS		F		T	R
STEERING DAMPER SETTING					
NOTES					
BEST LAP TIME					

SESSION 6										
WEATHER & TEMP									°C	
TYRE PRESSURES (HOT)				F	PSI		R	PSI		
FRONT SUSPENSION SETTINGS										
P				C				R		
REAR SUSPENSION SETTINGS										
P				C				R		
RIDE HEIGHT (mm)				F			R			
SPROCKETS				F			T	R		
STEERING DAMPER SETTING										
NOTES										
BEST LAP TIME										

SESSION 7										
WEATHER & TEMP									°C	
TYRE PRESSURES (HOT)				F	PSI		R	PSI		
FRONT SUSPENSION SETTINGS										
P				C				R		
REAR SUSPENSION SETTINGS										
P				C				R		
RIDE HEIGHT (mm)				F			R			
SPROCKETS				F			T	R		
STEERING DAMPER SETTING										
NOTES										
BEST LAP TIME										