

Basic 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: _____

Additional Conditions Noted at Facility During Visit

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

Motorcycle Information

Bike Year, Brand, Model and Displacement: _____

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+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: _____

Additional Suspension Tuning Notes:

Tire Information

Front

Tire Model: _____

Tire Size: _____

Tire Pressure Cold: _____

Tire Pressure Hot: _____

Rear

Tire Model: _____

Tire Size: _____

Tire Pressure Cold: _____

Tire Pressure Hot: _____

Additional Tuning Notes:

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