

Date: _____ Setup #: _____ Location: _____

Vehicle: _____ Weather: _____

Owner: _____ Ambient Temp: _____

Track Temp: _____



Springs

	Left Front	Right Front
Spring Rate		
Sway Bar Settings		
Ride Height		

	Left Rear	Right Rear
Spring Rate		
Sway Bar Settings		
Ride Height		

Shocks

	Left Front	Right Front
High Compression		
Low Compression		
High Speed Rebound		
Low Rebound		
Nitrogen		

	Left Rear	Right Rear
High Compression		
Low Compression		
High Speed Rebound		
Low Rebound		
Nitrogen		



Date _____

Event Location _____

	Front Tire	Rear Tire
Tires		

	Front Tire	Rear Tire
# Laps		

	Surface and Type and Temp	Weather
Temp		

	Left Front Tire			Right Front Tire		
	Outer	Middle	Inner	Outer	Middle	Inner
Depth						
Temp						
Tire						
Pressure						
Durometer						

	Left Front Tire			Right Front Tire		
	Outer	Middle	Inner	Outer	Middle	Inner
Depth						
Temp						
Tire						
Pressure						
Durometer						

Notes	
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