Date:	Gearing:	In = MINUS Out = PLUS (except preload)	OPEN SOURCE RACING	Advanced Suspension Worksheet http://opensource.racing
Track:				

Session:	1	2	3	4	5	6	7	8	9	10	11
Tires:											
Temp:											
Pressures:											
Front	Spring Rate:		Left Spring:		Right Spring:		Fork Oil Height:				
Preload											
Rebound											
Compression											
Fork Clearance (Top to triple)											
Other Changes											
Rear	Spring Rate:										
Preload Installed ___											
Rebound											
Compression											
Ride Height											
Other Changes											