

Motorcycle Suspension Adjustment Log

Date:	Front Preload		Rear preload		Fork Damping		Shock Damping	
Road:	Sag (cm)	Lines Showing	Sag (cm)	Turns In/Out	Comp, clks out	Rebound, clks out	Comp, clks out	Rebound, clks out
Suspension Settings >>>				+/-				
Better? (Y, N, Same): _____	Comments:							
Handling (A - F): _____								
Tires & PSI: _____								
Suspension Settings >>>				+/-				
Better? (Y, N, Same): _____	Comments:							
Handling (A - F): _____								
Tires & PSI: _____								
Suspension Settings >>>				+/-				
Better? (Y, N, Same): _____	Comments:							
Handling (A - F): _____								
Tires & PSI: _____								

Additional Comments _____
