

Fill in the data you know and your personal suspension settings for your bike

Your Name			
Date			
Bike info			
Brand			
Model			
Head Tube Angle			
Fork Travel			
Rear Axle Travel			
Shock Travel			
Front			
Tire Pressure			
Tubeless			
Inserts			
Fork settings			
Recently serviced			
Brand			
Model			
Pressure			
Volume Spacers [Pcs]			
<i>Settings from fully closed</i>	Current settings	Range (Max No of adjustments)	Range Type
HSC-High Speed Compression			
LSC-Low Speed Compression			
HSR-High Speed Rebound			
LSR-Low Speed Rebound			
Comments			
Rear			
Tire Pressure			
Tubeless			
Inserts			
Shock settings			
Recently serviced			
Brand			
Model			
Pressure			
Volume Spacers [Pcs]			
<i>Settings from fully closed</i>	Current settings	Range (Max No of adjustments)	Range Type
HSC-High Speed Compression			
LSC-Low Speed Compression			
HSR-High Speed Rebound			
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Comments			