

Dear Enthusiast:

Congratulations! By obtaining this logbook, you have taken a big step in creating major improvement in your riding. The purpose of this logbook is to find out specifically what you need to work on. Practicing with exact goals will ensure that you learn at least one thing, or improve in at least one area, **every time** you ride. Used properly, this logbook is one of the most important tools you have for improving your speed. If you truly want to get faster, do not tolerate practice without learning.

How to use this logbook:

1. The most powerful thing you can do is set goals. If you don't know where you want to go, how are you ever going to get there? Right now, establish your long-term goal. Be specific. If it is to be national champion, write it down. If it's to be the No. 1 rider in your area, write it down. Set a completion date for your goals. By pushing yourself to achieve your goals by that date, you will get amazing results. If you don't achieve your goals by your target date, set a new date. This is not a cop-out; simply do not be discouraged and quit. One thing's for sure: if you quit you will **never** achieve what you set out to do.

After you set your long-term goal, set intermediate and short-term goals. These are simply smaller bites or steps toward your long-term goal. Be specific when setting any goal. As you use this book you will see what you need to work on next.

- 2. Use this logbook on both practice and race days. As soon as possible after riding, rate yourself on a scale of one to ten (1 meaning poor, 10 best) in all areas that apply to you. Do not wait until later. The fresher it is in your mind the more accurate you will be. Be honest! You won't benefit if you try to fool anyone. Note that when you score a ten, it's time to set higher standards. The top rider in the world can improve in **all** areas of **his** riding and so can you.
- 3. The section at the end of each daily evaluation asks you what you need to work on next. Simply look at the low scores on the self-evaluation. The low scores will be what you work on next. These are your new goals. Transfer them to "TODAY'S GOAL #1 AND GOAL #2" on the following days evaluation sheet. On race day your goals should include **using** your newly learned skills. It's very difficult to learn new techniques when you're **only** racing, so use your practice time wisely.

You may not be familiar with all the categories in the self-evaluation section, and some may not apply to you. Don't worry. Just rate yourself on the ones you already know.

It's easy to become discouraged as you are learning new techniques. Just don't stay discouraged. When you make a mistake, **learn** from it! If you're not making mistakes, you're not learning.

If you use this logbook regularly you will become faster. If you don't it will be a waste of money. It's up to you! Good luck and have fun!

Paul Thede



GOAL SETTING

Long-Term Goal	
	Completion data
	Completion date
termediate Goal(s)	
	Completion date
. T	
nort-Term Goal	
	Completion date



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING & SMOOTHNESS Neutral Throttle Technique	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High Clearing Doubles/Tabletops Overall Jumps	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Strength Lower Body Strength Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy Overall Physical
Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing	Overall Jumps BODY POSITIONElbow PositionRegripBack ArchedHead Over BarsSitting in Attack PositionRiding in Neutral PositionControlling with KneesOverall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Late Charge Race 3 Early Charge Race 3 Midway Charge Race 3 Late Charge Race 3 Late Charge
Min. Traction Technique Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concentration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Class Finish Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	Kauo
1 Start 2 nd Start	Flessure Rear	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish		
2 nd Race Finish	Front Sprocket Rear Sprocket	Piston & Ring
3 rd Race Finish	Rear Sprocket	Clutch
3 Race Finish	TEMPINIO	Complete Motor Reb.
GUGDENGLON GERRINGG	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (r	new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
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Overall Finish	Front Tire Type	FUEL Fuel Type
Class Finish	Pressure Front	Oil Type
Class Fillish Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	Kano
1 Start 2 nd Start	Pressure Rear	LAST MAINTENANCE (DATE)
3 rd Start	CEADING	Gear Oil
1 st Race Finish	GEARING	
2 nd Race Finish	Front Sprocket	Piston & Ring
3 rd Race Finish	Rear Sprocket	Clutch
3 Race Finish	TEMPINIO.	Complete Motor Reb.
CHICDENICION CERRINICA	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
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1 st Start	Pressure Rear	
2 nd Start	i ressure Rear	LAST MAINTENANCE (DATE)
3^{rd} Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Keai Spiocket	Clutch Complete Motor Reb.
5 Race Philish	TETTING	Spark Plug
CUCDENCION CETTINGS	JETTING Main Jet	
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
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2 nd Start	i ressure itear	LAST MAINTENANCE (DATE)
2 Start 3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Keai Spiockei	Crutch Complete Motor Reb.
5 Race Philish	IETTING	Spark Plug
CUCDENCION CETTINGS	JETTING Main Jet	
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
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Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	ressure rear	LAST MAINTENANCE (DATE)
2 Start 3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Real Splocket	Clutch Complete Motor Reb.
5 Race Philish	TETTING	Spark Plug
CUCDENCION CETTINGS	JETTING Main Jet	
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
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Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	i ressure Rear	LAST MAINTENANCE (DATE)
2 Start 3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Real Splocket	Clutch Complete Motor Reb.
5 Race Philish	TETTING	Spark Plug
CUCDENCION CETTINGS	JETTING Main Jet	
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (1	new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
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PRACTICE or EVENT	CONDITIONS	DATE
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SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Midway Charge Race 3 Late Charge Race 3 Late Charge Race 3 Late Charge
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TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	114425
2 nd Start	1100001011001	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	rour sprooner	Complete Motor Reb.
5 1440 1 111511	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Steeling Bearings Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
	1111 5010 W	Eever & cause Educ
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TODAY'S GOAL #1		
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Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Fuel Type Oil Type
Class Finish Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	Kano
1 Start 2 nd Start	Pressure Rear	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish		
2 nd Race Finish	Front Sprocket	Piston & Ring
3 rd Race Finish	Rear Sprocket	Clutch
3 Race Finish		Complete Motor Reb.
GLIGDENGLON GEWEINGG	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
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Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing	Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Late Charge Race 3 Early Charge Race 3 Midway Charge Race 3 Late Charge Race 3 Late Charge
Min. Traction Technique Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Class Finish Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	Kano
1 Start 2 nd Start	Plessure Rear	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Gear On Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Keai Spiocket	Clutch Complete Motor Reb.
3 Race Fillish	IETTING	
SUSPENSION SETTINGS	JETTING Main Jet	Spark Plug Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Kace Sag Shock Compression	Needle	
		Linkage Service
Shock Rebound	Clip Position Slide	Steering Bearings Chain & Sprockets
Fork Compression Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (1	new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing	WHOOPS Entering Whoop Section	LEARNING ABILITY During Practice
Elbow Position on Gate Butt Position on Seat Reaction Time	Attacking Carrying Speed Working Bumps (Doubling)	After Practice During Race Between Races
Clutch Control Throttle Control	Rockers Smoothness in Whoops Overall Whoops	After Race Overall Learning Ability
Staying Straight Shifting Correctly Controlling Wheelies	JUMPS	PHYSICAL Upper Body Strength
Attacking the First Turn Start Lap Desire (Did You Want It?)	Kicker Lips/Pre-JumpingGrooves on FaceControlling Bike Angle	Upper Body Stamina Lower Body Strength Lower Body Stamina
Overall Starts CORNERING &	Landing Jumping Low Preloading/Jumping High	Arm Pump Wind/Energy Level Last 10 min. Energy
SMOOTHNESS Neutral Throttle Technique Precision	Clearing Doubles/Tabletops Overall Jumps	Overall Physical BULLDOG SCALE
Committing to the Turn Braking & Sitting Early	BODY POSITIONElbow Position	Race 1 Early Charge Race 1 Midway Charge
Sitting Smooth Sitting in Attack Position Weighting Front End	Regrip Back Arched Head Over Bars	Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge
Throttle Control Creating Traction Leg Position	Sitting in Attack Position Riding in Neutral Position Controlling with Knees	Race 2 Late Charge Race 3 Early Charge Race 3 Midway Charge
Leg Dabbing Min. Traction Technique Entering Grooves	Overall Body Position MORE	Race 3 Late Charge MENTAL TOUGHNESS
Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike	Uphills Downhills G-Outs Ruts	Attitude Aggression Forward Concetration Confidence
Leaning Bike with Knee Line Selection Big Berms	Line Selection Passing Blocking	Psyche Resistance Overall Mental Toughness
Little Lip Berms Flat Turns Off Cambers Overall Cornering	Attacking the Track Riding Relaxed & Fluid Mental Imaging	EQUIPMENT Suspension Handling Motor
Overall Smoothness	YOUR SKILL IN DIRT TYPESLoam	Tires Video Camera
VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	Hard Packed Sand Mud Rocks	OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	i ressure Rear	LAST MAINTENANCE (DATE)
2 Start 3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Keai Spiocket	Clutch Complete Motor Reb.
5 Race Fillish	IETTINO	Spark Plug
CUCDENCION CETTINGS	JETTING Main Jet	
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Stamina Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Midway Charge Race 3 Early Charge Race 3 Early Charge Race 3 Late Charge Race 3 Late Charge
Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	ressure Rear	LAST MAINTENANCE (DATE)
3^{rd} Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Gear On Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Kear Sprocker	Chitch Complete Motor Reb.
5 Race Fillish	TETTING	
CUCDENCION CETTINGS	JETTING Main Jet	Spark Plug
SUSPENSION SETTINGS		Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (r	now goals)	
	ew goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Strength Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
CORNERING & SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Preloading/Jumping High Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	Last 10 min. Energy Overall Physical BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Late Charge Race 3 Early Charge Race 3 Hidway Charge Race 3 Late Charge Race 3 Late Charge
Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	ressure rear	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Ocal Off
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Kear Sprocket	Chitch Complete Motor Reb.
3 Race Fillish	TETTING	
CLICDENICIONI CETTUICO	JETTING Main Lat	Spark Plug Shock Fluid
SUSPENSION SETTINGS	Main Jet	
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (n	new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Stamina Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	Overall Physical BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 2 Early Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Late Charge Race 3 Early Charge Race 3 Late Charge Race 3 Late Charge
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TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start	ressure Rear	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Gear off
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Real Sprocket	Complete Motor Reb.
3 Race Philish	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
	Needle Jet	Fork Fluid
Race Sag		
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (r	new goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Strength Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Midway Charge Race 3 Late Charge Race 3 Late Charge Race 3 Late Charge Race 3 Late Charge
Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start		LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish		Complete Motor Reb.
	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Steering Bearings
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
I OIR OII LE VEI	7 III Belew	Level & Cable Labe
What I need to work on next (n	ew goals)	



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	WHOOPS Entering Whoop Section Attacking Carrying Speed Working Bumps (Doubling) Rockers Smoothness in Whoops Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Strength Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
CORNERING & SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing Min. Traction Technique	Preloading/Jumping High Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Midway Charge Race 3 Early Charge Race 3 Late Charge Race 3 Late Charge Race 3 Late Charge
Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness VISION Width of Vision Looking Ahead Early Visual Targeting Focusing on Track, Not Rider	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPESLoamHard PackedSandMudRocks	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera OVERALL ENJOYMENT Yahoo Level!



TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	11442
2 nd Start	11655416 11641	LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish	Rear Sprocket	Complete Motor Reb.
5 Race I mish	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound		
	Clip Position Slide	Steering Bearings
Fork Compression	Slide Pilot Jet	Chain & Sprockets
Fork Rebound		Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lube
What I need to work on next (1	new goals)	
		_



LONG-TERM GOAL		
TODAY'S GOAL #1		
GOAL #2		
PRACTICE or EVENT	CONDITIONS	DATE
STARTS Gateing Elbow Position on Gate Butt Position on Seat Reaction Time Clutch Control Throttle Control	WHOOPSEntering Whoop SectionAttackingCarrying SpeedWorking Bumps (Doubling)RockersSmoothness in Whoops	LEARNING ABILITY During Practice After Practice During Race Between Races After Race Overall Learning Ability
Staying Straight Shifting Correctly Controlling Wheelies Attacking the First Turn Start Lap Desire (Did You Want It?) Overall Starts CORNERING &	Overall Whoops JUMPS Kicker Lips/Pre-Jumping Grooves on Face Controlling Bike Angle Landing Jumping Low Preloading/Jumping High	PHYSICAL Upper Body Strength Upper Body Stamina Lower Body Strength Lower Body Stamina Arm Pump Wind/Energy Level Last 10 min. Energy
SMOOTHNESS Neutral Throttle Technique Precision Committing to the Turn Braking & Sitting Early Sitting Smooth Sitting in Attack Position Weighting Front End Throttle Control Creating Traction Leg Position Leg Dabbing	Clearing Doubles/Tabletops Overall Jumps BODY POSITION Elbow Position Regrip Back Arched Head Over Bars Sitting in Attack Position Riding in Neutral Position Controlling with Knees Overall Body Position	Overall Physical BULLDOG SCALE Race 1 Early Charge Race 1 Midway Charge Race 1 Late Charge Race 2 Early Charge Race 2 Midway Charge Race 2 Late Charge Race 3 Early Charge Race 3 Midway Charge Race 3 Midway Charge Race 3 Late Charge
Min. Traction Technique Entering Grooves Staying in Grooves Weighting Outside Peg Leaning NOT Steering Leaning with Bike Leaning Bike with Knee Line Selection Big Berms Little Lip Berms Flat Turns Off Cambers Overall Cornering Overall Smoothness	MORE UphillsDownhillsG-OutsRutsLine SelectionPassingBlockingAttacking the TrackRiding Relaxed & FluidMental Imaging YOUR SKILL IN DIRT TYPES Loam	MENTAL TOUGHNESS Attitude Aggression Forward Concetration Confidence Psyche Resistance Overall Mental Toughness EQUIPMENT Suspension Handling Motor Tires Video Camera
VISION Width of Vision Looking Ahead Early	Hard Packed Sand Mud	OVERALL ENJOYMENTYahoo Level!



Visual Targeting Focusing on Track, Not Rid	Rocks ler	
TODAY'S RESULTS	TIRES	FUEL
Overall Finish	Front Tire Type	Fuel Type
Class Finish	Pressure Front	Oil Type
Number of Competitors	Rear Tire Type	Ratio
1 st Start	Pressure Rear	
2 nd Start		LAST MAINTENANCE (DATE)
3 rd Start	GEARING	Gear Oil
1 st Race Finish	Front Sprocket	Piston & Ring
2 nd Race Finish	Rear Sprocket	Clutch
3 rd Race Finish		Complete Motor Reb.
	JETTING	Spark Plug
SUSPENSION SETTINGS	Main Jet	Shock Fluid
Race Sag	Needle Jet	Fork Fluid
Shock Compression	Needle	Linkage Service
Shock Rebound	Clip Position	Steering Bearings
Fork Compression	Slide	Chain & Sprockets
Fork Rebound	Pilot Jet	Throttle Lube
Fork Oil Level	Air Screw	Lever & Cable Lub
What I need to work on next (1	new goals)	



NEW GOALS (transfer to next logbook)

Long-Term Goal	
	Completion date
Intermediate Goal(s)	
	Completion date
Short-Term Goal	
Short Term Gom	
	Completion date



WHAT I ACCOMPLISHED USING THIS LOGBOOK



racetech.com – 1501 Pomona Rd. – Corona, CA 92880 – 951.279.6655 – sales@racetech.com