



# SESSION & CAR LOG

Practice

Qualifying

Race

Date: \_\_\_\_\_ Track: \_\_\_\_\_ Time: \_\_\_\_\_

Weather: \_\_\_\_\_ Temperature: \_\_\_\_\_ Cold Tire Pressure: Front \_\_\_\_\_ Rear \_\_\_\_\_

### Lap Times:

1. _____	9. _____	17. _____	25. _____
2. _____	10. _____	18. _____	26. _____
3. _____	11. _____	19. _____	27. _____
4. _____	12. _____	20. _____	28. _____
5. _____	13. _____	21. _____	29. _____
6. _____	14. _____	22. _____	30. _____
7. _____	15. _____	23. _____	31. _____
8. _____	16. _____	24. _____	32. _____

Heat Cycle \_\_\_\_\_

Caster \_\_\_\_\_

Camber \_\_\_\_\_

Toe \_\_\_\_\_

Tire Size (F) \_\_\_\_\_

Tire Size (R) \_\_\_\_\_

Compound (F) \_\_\_\_\_

Compound (R) \_\_\_\_\_

Brand \_\_\_\_\_

Brake Bias \_\_\_\_/\_\_\_\_

Diagram showing a front view of a red race car. Four empty boxes are provided for recording tire data:

- Top-left box: \_\_\_\_\_
- Top-right box: \_\_\_\_\_
- Bottom-left box: \_\_\_\_\_
- Bottom-right box: \_\_\_\_\_

Press.

Temp.

Max RPM on Straight \_\_\_\_\_ Max EGT Left \_\_\_\_\_ Max EGT Right \_\_\_\_\_

Beginning Hours on Motor: \_\_\_\_\_:\_\_\_\_\_ Minutes Added \_\_\_\_\_:\_\_\_\_\_ = Ending Total \_\_\_\_\_:\_\_\_\_\_

Notes, Changes, To-Do's:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Pre-Session Car Preparation

Race Date: \_\_\_\_\_

Session Time: \_\_\_\_\_

**To-Do's:**

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

**Fluid Levels**

- Gas Filled to \_\_\_\_\_ Took \_\_\_\_\_ Gallons
- Oil Level
- Water Level
- Catch Tank Empty

**Chassis**

- |                          |                          |                          |                          |                    |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------|
| LF                       | RF                       | RR                       | LR                       |                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wheel Nuts to 45#  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          | Brake Disc         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wheel Bearing      |
| <input type="checkbox"/> | <input type="checkbox"/> |                          |                          | A-Arm Nuts         |
|                          |                          | <input type="checkbox"/> | <input type="checkbox"/> | Trailing Arm Bolts |
| <input type="checkbox"/> |                          |                          |                          | Steering Nuts      |
| <input type="checkbox"/> | <input type="checkbox"/> |                          |                          | Upright Nuts       |

**Engine**

- Head Bolts
- Electrics
- Plugs
- Leaks

**Misc**

- Tire Pressue
- Body Work Clean
- Helmet Clean
- Visor Tearoffs
- Battery Charged

- Radio Battery
- In-Car Camera
- Tape in the VCR
- Camera Check
- Radio Check

**Pit Wagon**

- Umbrella
- Air Bottle
- Tire Pressuire Gauge
- Tire Temp Gun
- Work Gloves
- Helmet
- Drivers Gloves
- Balaclava
- Sunglasses
- Fuel Test Hose
- Pit Tools

## Grid

**Misc**

- Tire Pressue Set \_\_\_\_\_ PSI Front \_\_\_\_\_ PSI Rear
- Pull Fire System Safety Pin
- Steering Wheel Secure
- Belts Tight
- Mirrors adjusted



# Pre-Weekend Trailer/Van Preparation

Race Dates: \_\_\_\_\_ Location: \_\_\_\_\_

<b>To-Do's:</b>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

<b>Tools</b>	<input type="checkbox"/> Chairs	<b>Trailer</b>
<input type="checkbox"/> Tool Boxes	<input type="checkbox"/> TV-VCR	<input type="checkbox"/> Spare Tires loaded
<input type="checkbox"/> Torque Wrench	<input type="checkbox"/> Antenna and cables	<input type="checkbox"/> Fuel Jugs loaded
<input type="checkbox"/> Tire Pressue Gauge	<input type="checkbox"/> Extention Cord	<input type="checkbox"/> Car Loaded
<input type="checkbox"/> Air Bottle	<input type="checkbox"/> Power Strip	<input type="checkbox"/> Bicycle Loaded
<input type="checkbox"/> Car Dolly	<input type="checkbox"/> License	<b>Buy/Get</b>
<input type="checkbox"/> Flat Jack	<input type="checkbox"/> Event Registration	<input type="checkbox"/>
<input type="checkbox"/> Jack Stands	<input type="checkbox"/> Log Book	_____
<b>Fluids</b>	<input type="checkbox"/> Notebooks and Clip Board	<input type="checkbox"/>
<input type="checkbox"/> 2-Stroke Oil	<input type="checkbox"/> Radios	_____
<input type="checkbox"/> Water Wetter	<input type="checkbox"/> Transponder	<input type="checkbox"/>
<input type="checkbox"/> 3-in-1 Oil	<input type="checkbox"/> In-Car Camera	_____
<input type="checkbox"/> Grease	<input type="checkbox"/> Video Camera	<input type="checkbox"/>
<input type="checkbox"/> WD-40	<input type="checkbox"/> 35mm Camera	_____
<input type="checkbox"/> Water Jug	<input type="checkbox"/> Astro Turf	<input type="checkbox"/>
<input type="checkbox"/> Race Gas	<input type="checkbox"/> Ice Chest	_____
<b>Van</b>	<input type="checkbox"/> Ice	<input type="checkbox"/>
<input type="checkbox"/> Gear Bag	<input type="checkbox"/> Drinking Water	_____
<input type="checkbox"/> Helmet Bag	<input type="checkbox"/> Gatorade	<input type="checkbox"/>
<input type="checkbox"/> Hat	<input type="checkbox"/> Lunchables	_____
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Munchies	<input type="checkbox"/>
<input type="checkbox"/> Ez-Up	<input type="checkbox"/> Notebook Computer	_____
<input type="checkbox"/> Side Banners	<input type="checkbox"/> Data Cables	_____