



SESSION 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 ____/____

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 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

Wheel Nuts to 45#

Brake Disc

Wheel Bearing

A-Arm Nuts

Trailing Arm Bolts

Steering Nuts

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 Gear Preparation

Race Dates: _____ Location: _____

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

Tools	<input type="checkbox"/> Chairs	Trailer
<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	Buy/Get
<input type="checkbox"/> Flat Jack	<input type="checkbox"/> Event Registration	<input type="checkbox"/>
<input type="checkbox"/> Jack Stands	<input type="checkbox"/> Log Book	_____
Fluids	<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	_____
Van	<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	_____



Kart - Nut & Bolt Check List

Date: _____ Kart: _____ Mechanic: _____

	✓	Wire	Cotter	Other	Notes
Front End					
King Pin Bolts	<input type="checkbox"/>		Y		
Front Brake Calipers	<input type="checkbox"/>	Y			
Master Cylinders	<input type="checkbox"/>	Y			
Tie Rod Heim Jam Nuts	<input type="checkbox"/>			L&R Thread	Tight
Tie Rod End Bolts	<input type="checkbox"/>		Y		
Steering Support Bracket	<input type="checkbox"/>		Y		
Steering Wheel	<input type="checkbox"/>	Y			
Front Hubs & Spindles	<input type="checkbox"/>			Safety Clip	Castellated Nut
Steering Wheel Hub	<input type="checkbox"/>		Y		
Front Brake Rotor Bolts	<input type="checkbox"/>	Y			
Engine					
Ignition & Coil	<input type="checkbox"/>				Snug
Pipe & Silencer	<input type="checkbox"/>			Springs	Cradle
Motor Mount Bolts	<input type="checkbox"/>			Thread Lock	
Carburetor Mounting Bracket	<input type="checkbox"/>			Clamp	Tight
Fuel Pump	<input type="checkbox"/>			Bushing	Snug
Cooling System					
Mounting Brackets	<input type="checkbox"/>			Bushings	Tight
Hose Fittings	<input type="checkbox"/>			Hose Clamps	Tight
Rear End					
Bearing Cassettes	<input type="checkbox"/>			Thread Lock	Snug
Bearing Set Screws	<input type="checkbox"/>			Thread Lock	Tight
Axle Collars	<input type="checkbox"/>			Clean Surface	Tight
Rear Hubs	<input type="checkbox"/>			Clean Surface	Tight
Rear Brake Caliper	<input type="checkbox"/>	Y			
Rear Brake Rotor Bolts	<input type="checkbox"/>	Y			
Body Work & Bumpers					
Front Bumper	<input type="checkbox"/>				Snug
Rear Bumper	<input type="checkbox"/>			Nylock Nut	Snug
Front Faring Top & Bottom	<input type="checkbox"/>			Rubber Bushings	Snug
Nerf Bar	<input type="checkbox"/>			Nylock Nut	Snug
Side Pods	<input type="checkbox"/>			Nylock Nut	Snug
Floor Pan	<input type="checkbox"/>			Nylock Nut	Snug
Fuel Tank	<input type="checkbox"/>				Snug
Seat					
Right & Left Side Supports	<input type="checkbox"/>			Nylock Nut	Tight
Seat Struts Top Bolt	<input type="checkbox"/>			Nylock Nut	As Required
Seat Struts Bottom Bolt	<input type="checkbox"/>			Nylock Nut	Tight
Front Mounting Tabs	<input type="checkbox"/>			Nylock Nut	Tight