



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

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Completion date \_\_\_\_\_

### Intermediate Goal(s)

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Completion date \_\_\_\_\_

### Short-Term Goal

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Completion date \_\_\_\_\_



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **Overall Physical**

**BULLDOG SCALE**

- \_\_\_ Race 1 Early Charge
- \_\_\_ Race 1 Midway Charge
- \_\_\_ Race 1 Late Charge
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- \_\_\_ Race 2 Midway Charge
- \_\_\_ Race 2 Late Charge
- \_\_\_ Race 3 Early Charge
- \_\_\_ Race 3 Midway Charge
- \_\_\_ Race 3 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
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**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
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- \_\_\_ Fork Compression
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- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
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- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & SMOOTHNESS**

- \_\_\_ Neutral Throttle Technique
- \_\_\_ Precision
- \_\_\_ Committing to the Turn
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- \_\_\_ Weighting Front End
- \_\_\_ Throttle Control
- \_\_\_ Creating Traction
- \_\_\_ Leg Position
- \_\_\_ Leg Dabbing
- \_\_\_ 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
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**WHOOOPS**

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- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
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- \_\_\_ Last 10 min. Energy
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**BULLDOG SCALE**

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**EQUIPMENT**

- \_\_\_ Suspension
- \_\_\_ Handling
- \_\_\_ Motor
- \_\_\_ Tires
- \_\_\_ Video Camera

**OVERALL ENJOYMENT**

- \_\_\_ *Yahoo Level!*



**TODAY'S RESULTS**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
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- \_\_\_ 1<sup>st</sup> Race Finish
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**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
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- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
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- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
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**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
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- \_\_\_ Clutch
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- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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LONG-TERM GOAL \_\_\_\_\_

TODAY'S GOAL #1 \_\_\_\_\_

GOAL #2 \_\_\_\_\_

PRACTICE or EVENT \_\_\_\_\_ CONDITIONS \_\_\_\_\_ DATE \_\_\_\_\_

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- \_\_\_ After Practice
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- \_\_\_ **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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!





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 & 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
- \_\_\_ Entering Grooves
- \_\_\_ Staying in Grooves
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- \_\_\_ 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
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- \_\_\_ Smoothness in Whoops
- \_\_\_ **Overall Whoops**

**JUMPS**

- \_\_\_ Kicker Lips/Pre-Jumping
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- \_\_\_ Controlling Bike Angle
- \_\_\_ Landing
- \_\_\_ Jumping Low
- \_\_\_ 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**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
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**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **Overall Physical**

**BULLDOG SCALE**

- \_\_\_ Race 1 Early Charge
- \_\_\_ Race 1 Midway Charge
- \_\_\_ Race 1 Late Charge
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- \_\_\_ Race 3 Late Charge

**MENTAL TOUGHNESS**

- \_\_\_ Attitude
- \_\_\_ Aggression
- \_\_\_ Forward Concentration
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- \_\_\_ Psyche Resistance
- \_\_\_ **Overall Mental Toughness**

**EQUIPMENT**

- \_\_\_ Suspension
- \_\_\_ Handling
- \_\_\_ Motor
- \_\_\_ Tires
- \_\_\_ Video Camera

**OVERALL ENJOYMENT**

- \_\_\_ *Yahoo Level!*



**TODAY'S RESULTS**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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
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- \_\_\_ Entering Whoop Section
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- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
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- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **Overall Physical**

**BULLDOG SCALE**

- \_\_\_ Race 1 Early Charge
- \_\_\_ Race 1 Midway Charge
- \_\_\_ Race 1 Late Charge
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**MENTAL TOUGHNESS**

- \_\_\_ Attitude
- \_\_\_ Aggression
- \_\_\_ Forward Concentration
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- \_\_\_ **Overall Mental Toughness**

**EQUIPMENT**

- \_\_\_ Suspension
- \_\_\_ Handling
- \_\_\_ Motor
- \_\_\_ Tires
- \_\_\_ Video Camera

**OVERALL ENJOYMENT**

- \_\_\_ *Yahoo Level!*



**TODAY'S RESULTS**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
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**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
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- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!





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
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- \_\_\_ Attacking the First Turn
- \_\_\_ Start Lap
- \_\_\_ Desire (*Did You Want It?*)
- \_\_\_ **Overall Starts**

**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
- \_\_\_ Entering Grooves
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- \_\_\_ Leaning **NOT** Steering
- \_\_\_ Leaning with Bike
- \_\_\_ Leaning Bike with Knee
- \_\_\_ Line Selection
- \_\_\_ Big Berms
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- \_\_\_ Flat Turns
- \_\_\_ Off Cambers
- \_\_\_ **Overall Cornering**
- \_\_\_ **Overall Smoothness**

**VISION**

- \_\_\_ Width of Vision
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**WHOOPS**

- \_\_\_ Entering Whoop Section
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**JUMPS**

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- \_\_\_ Landing
- \_\_\_ Jumping Low
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- \_\_\_ 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**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



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 & 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
- \_\_\_ 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

**WHOOOPS**

- \_\_\_ 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**

**BODY POSITION**

- \_\_\_ Elbow Position
- \_\_\_ Regrip
- \_\_\_ Back Arched
- \_\_\_ Head Over Bars
- \_\_\_ Sitting in Attack Position
- \_\_\_ Riding in Neutral Position
- \_\_\_ Controlling with Knees
- \_\_\_ **Overall Body Position**

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud
- \_\_\_ Rocks

**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
- \_\_\_ **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 Late Charge

**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**

- \_\_\_ Overall Finish
- \_\_\_ Class Finish
- \_\_\_ Number of Competitors
- \_\_\_ 1<sup>st</sup> Start
- \_\_\_ 2<sup>nd</sup> Start
- \_\_\_ 3<sup>rd</sup> Start
- \_\_\_ 1<sup>st</sup> Race Finish
- \_\_\_ 2<sup>nd</sup> Race Finish
- \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

- \_\_\_ Race Sag
- \_\_\_ Shock Compression
- \_\_\_ Shock Rebound
- \_\_\_ Fork Compression
- \_\_\_ Fork Rebound
- \_\_\_ Fork Oil Level

**TIRES**

- \_\_\_ Front Tire Type
- \_\_\_ Pressure Front
- \_\_\_ Rear Tire Type
- \_\_\_ Pressure Rear

**GEARING**

- \_\_\_ Front Sprocket
- \_\_\_ Rear Sprocket

**JETTING**

- \_\_\_ Main Jet
- \_\_\_ Needle Jet
- \_\_\_ Needle
- \_\_\_ Clip Position
- \_\_\_ Slide
- \_\_\_ Pilot Jet
- \_\_\_ Air Screw

**FUEL**

- \_\_\_ Fuel Type
- \_\_\_ Oil Type
- \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

- \_\_\_ Gear Oil
- \_\_\_ Piston & Ring
- \_\_\_ Clutch
- \_\_\_ Complete Motor Reb.
- \_\_\_ Spark Plug
- \_\_\_ Shock Fluid
- \_\_\_ Fork Fluid
- \_\_\_ Linkage Service
- \_\_\_ Steering Bearings
- \_\_\_ Chain & Sprockets
- \_\_\_ Throttle Lube
- \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!





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 & 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
- \_\_\_ 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

**WHOOPS**

- \_\_\_ Entering Whoop Section
- \_\_\_ Attacking
- \_\_\_ Carrying Speed
- \_\_\_ Working Bumps (Doubling)
- \_\_\_ Rockers
- \_\_\_ Smoothness in Whoops
- \_\_\_ *Overall Whoops*

**JUMPS**

- \_\_\_ Kicker Lips/Pre-Jumping
- \_\_\_ Grooves on Face
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- \_\_\_ Landing
- \_\_\_ Jumping Low
- \_\_\_ 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*

**MORE**

- \_\_\_ Uphills
- \_\_\_ Downhills
- \_\_\_ G-Outs
- \_\_\_ Ruts
- \_\_\_ Line Selection
- \_\_\_ Passing
- \_\_\_ Blocking
- \_\_\_ Attacking the Track
- \_\_\_ Riding Relaxed & Fluid
- \_\_\_ Mental Imaging

**YOUR SKILL IN DIRT TYPES**

- \_\_\_ Loam
- \_\_\_ Hard Packed
- \_\_\_ Sand
- \_\_\_ Mud

**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
- \_\_\_ *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 Late Charge

**MENTAL TOUGHNESS**

- \_\_\_ Attitude
- \_\_\_ Aggression
- \_\_\_ Forward Concentration
- \_\_\_ Confidence
- \_\_\_ Psyche Resistance
- \_\_\_ *Overall Mental Toughness*

**EQUIPMENT**

- \_\_\_ Suspension
- \_\_\_ Handling
- \_\_\_ Motor
- \_\_\_ Tires
- \_\_\_ Video Camera

**OVERALL ENJOYMENT**

- \_\_\_ *Yahoo Level!*



\_\_\_ Visual Targeting      \_\_\_ Rocks  
 \_\_\_ Focusing on Track, Not Rider

**TODAY'S RESULTS**

\_\_\_ Overall Finish  
 \_\_\_ Class Finish  
 \_\_\_ Number of Competitors  
 \_\_\_ 1<sup>st</sup> Start  
 \_\_\_ 2<sup>nd</sup> Start  
 \_\_\_ 3<sup>rd</sup> Start  
 \_\_\_ 1<sup>st</sup> Race Finish  
 \_\_\_ 2<sup>nd</sup> Race Finish  
 \_\_\_ 3<sup>rd</sup> Race Finish

**SUSPENSION SETTINGS**

\_\_\_ Race Sag  
 \_\_\_ Shock Compression  
 \_\_\_ Shock Rebound  
 \_\_\_ Fork Compression  
 \_\_\_ Fork Rebound  
 \_\_\_ Fork Oil Level

**TIRES**

\_\_\_ Front Tire Type  
 \_\_\_ Pressure Front  
 \_\_\_ Rear Tire Type  
 \_\_\_ Pressure Rear

**GEARING**

\_\_\_ Front Sprocket  
 \_\_\_ Rear Sprocket

**JETTING**

\_\_\_ Main Jet  
 \_\_\_ Needle Jet  
 \_\_\_ Needle  
 \_\_\_ Clip Position  
 \_\_\_ Slide  
 \_\_\_ Pilot Jet  
 \_\_\_ Air Screw

**FUEL**

\_\_\_ Fuel Type  
 \_\_\_ Oil Type  
 \_\_\_ Ratio

**LAST MAINTENANCE (DATE)**

\_\_\_ Gear Oil  
 \_\_\_ Piston & Ring  
 \_\_\_ Clutch  
 \_\_\_ Complete Motor Reb.  
 \_\_\_ Spark Plug  
 \_\_\_ Shock Fluid  
 \_\_\_ Fork Fluid  
 \_\_\_ Linkage Service  
 \_\_\_ Steering Bearings  
 \_\_\_ Chain & Sprockets  
 \_\_\_ Throttle Lube  
 \_\_\_ Lever & Cable Lube

**What I learned and/or improved on today**

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**What I need to work on next (new goals)**

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**LEARN** every time you ride!



**NEW GOALS (transfer to next logbook)**

**Long-Term Goal**

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Completion date \_\_\_\_\_

**Intermediate Goal(s)**

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Completion date \_\_\_\_\_

**Short-Term Goal**

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Completion date \_\_\_\_\_

