

Weekends are won on Thursday night. Run the weekend off paper, not memory.

Date: _____

Track: _____

NIGHT BEFORE

- ☐ Gear bag packed: suit, helmet, gloves, boots, rib protector, balaclava
- ☐ Kart, spares and tools loaded; chain and sprockets checked
- ☐ Data logger charged; memory cleared; spare batteries packed
- ☐ Paperwork found: licence, entry confirmation, transponder
- ☐ Water in the cooler; food for the day sorted
- ☐ Lights out at a sensible hour

EVERY SESSION

- ☐ Cold pressures set and written down before the out-lap
- ☐ Hot pressures logged the moment the kart comes in
- ☐ Channel scan against targets: water temp, EGT, peak RPM
- ☐ Debrief sheet filled: feelings first, one verdict
- ☐ One change chosen for the next run, never two

AFTER THE DAY

- ☐ All sessions downloaded; memory card backed up
- ☐ Logger, transponder and chargers plugged in
- ☐ Session sheets in the folder, dated
- ☐ Tomorrow's plan written in one sentence
- ☐ Kart covered, tools packed, gate time confirmed

Notes / one change per session: