

TRACK

DATE

SESSION

CONDITIONS

TYRES / AGE

**0 LAST CHANGE: DID IT WORK?**

data answer, not a feeling · close the loop first

**1 FEEL NOTES (BEFORE THE LAPTOP)**

2 minutes, bullets, what only you can log

**2 LAP TABLE**

straight off the software

**BEST LAP**

**THEORETICAL BEST**

**LAPS WITHIN 0.1s**

**3 WORST CORNER (BY DELTA)**

one corner only · where the gap lives

**4 VERDICT, ONE SENTENCE**

no hedging · if you can't write it, keep looking

**5 ONE CHANGE NEXT SESSION**

exactly one · two changes prove nothing

**6 SETUP LINE**

sprocket · pressures cold/hot · axle · track temp

**7 ONE LINE LEARNED**

the sentence future-you reads in the winter

**Drive. Download. Compare. Repeat.**