Bike fit self-check record sheet

Record a baseline before you change anything, then log one change at a time.

Brick to Brick

Baseline measurements

Bike and date: Saddle model: Crank length:

Saddle height (BB centre to saddle top, along seat tube): measured to which point:

Setback / set-forward (plumb line from saddle nose to BB centre): Saddle tilt (°):

Seatpost insertion tape mark: Minimum-insertion mark hidden? yes / no

Pad drop (saddle top to pad top): Reach (saddle nose to back of pads): Pad width:

Extension length and risers/spacers: Cleats outlined and photographed? yes / no Shoe and pedal system:

Safety check after every adjustment

- ☐ Saddle does not move when pushed and twisted
- ☐ Stem does not slip when bars are twisted
- ☐ Pads and extensions do not rotate under load
- ☐ Brakes and shifters reachable from base bar and extensions
- ☐ Cables and hoses not pinched
- ☐ Clip in and out of both pedals
- ☐ Short test ride in a quiet place before traffic

Change log (one change at a time, at least two or three rides before judging)

Date	Saddle height	Setback / tilt	Pad drop / reach	Cleats	Change made	Ride and duration	What you noticed

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From our home bike fit self-check guide. Stop and book a professional fitter for numbness, sharp pain or pain that persists. Full guide and sources: bricktobrick.co/training/triathlon-bike-fit-self-check-at-home. General information, not medical or coaching advice. Updated 2026-11-21.