seven cycles

Custom-made to exceed your riding aspirations.

Road, Gravel, Drop Bar Rider Fit Data Worksheet

Rider Name: _____

Rider Occupation: _____

Fitter Name: _____

Current Bicycle Information

Brand: _____ Year: _____

Model: _____ Material: _____

Handlebar model: _____ Width c-to-c: _____

Brake lever model: _____

Pedal model: _____

Saddle model: _____

Seat post model: _____

◯ center mount ◯ set back

Describe your current bike

Mark each scale with a circle to indicate your feeling.

Handling: Responsiveness, cornering, descending

too sluggish — ideal — too squirrely

Drivetrain Rigidity: Acceleration and climbing

too soft — ideal — way too stiff

Smoothness/Comfort:

too soft — ideal — way too stiff

Reach: Riding in the saddle with hands on hoods

way too short — ideal — way too long

Bar Height: In the saddle with hands on hoods

way too high — ideal — way too low

Current bike notes:

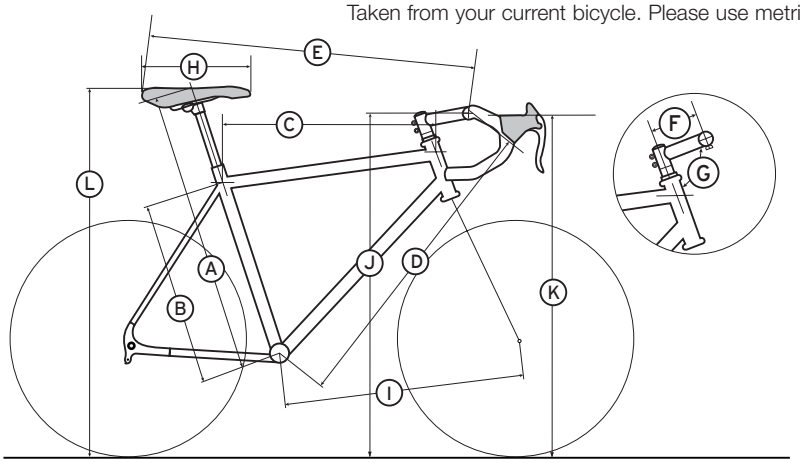
_____

_____

_____

Bicycle Measurements

Taken from your current bicycle. Please use metric.



A	**Saddle Height:** Measure from the center of the bottom bracket to the top of the saddle, along the length of the seat tube.	
B	**Seat Tube Length:** Measure from the center of the bottom bracket to the intersection of the top tube and the seat tube.	
C	**Top Tube Length:** Measure from the intersection of the top tube and head tube horizontal to ground, back to the seat tube center line.	
D	**Cockpit:** Measure the direct line from the center of the bottom bracket to the center of the stem/bar intersection.	
E	**Handlebar Reach:** Measure from the saddle tail to the handlebar/stem intersection.	
F	**Stem Length:** Measure along the length of the stem from headset bolt center to bar center.	
G	**Stem Angle:** Provide your stem rise, if known.	
H	**Saddle Length:** Measure from the saddle nose to the saddle tail.	
I	**Front-Center:** Measure a direct line from the crank arm bolt center to the front axle center, with the front wheel in plane with the frame.	
J	**Ground to Bar Center:** Measure from the ground to the handlebar/stem center.	
K	**Grip Height:** Measure from the ground to the topside of the brake hoods.	
L	**Ground to Saddle Top Mid-Point:** Measure from the ground to the top of the saddle.	

Saddle Position

Adjusted to achieve:

◯ Maximum pedaling power.
◯ Knees on a plumb line to pedal spindle.
◯ Comfortable reach to the handlebars.
◯ Don't know; someone else set it up.

Seat Post Clamp

◯ Towards front of saddle rails
◯ Towards back of saddle rails
◯ Centered on rails

Saddle Nose ◯ Level
◯ Pointed down ◯ Pointed up

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Body Feedback

How would you rate your flexibility?
From a standing position with knees locked:

palms on floor — fingers on floor — cannot touch floor

Do you experience lower back pain?

never — long rides — always

Do you experience upper back pain or shoulder pain?

never — long rides — always

Do you experience neck pain while riding?

never — long rides — always

◯ Back / neck pain is cycling related

Do you experience hand numbness while riding?

never — long rides — always

Component Specifications for Fit

If you or the rider have specific requests

Stem length, cm:____ **Stem angle:**_____

Handlebar width, cm: ◯ 38 ◯ 40 ◯ 42 ◯ 44

Crankarm length, mm:

◯ 165* ◯ 167.5* ◯ 170 ◯ 172.5

◯ 175 ◯ 177.5* ◯ 180* *(if available)

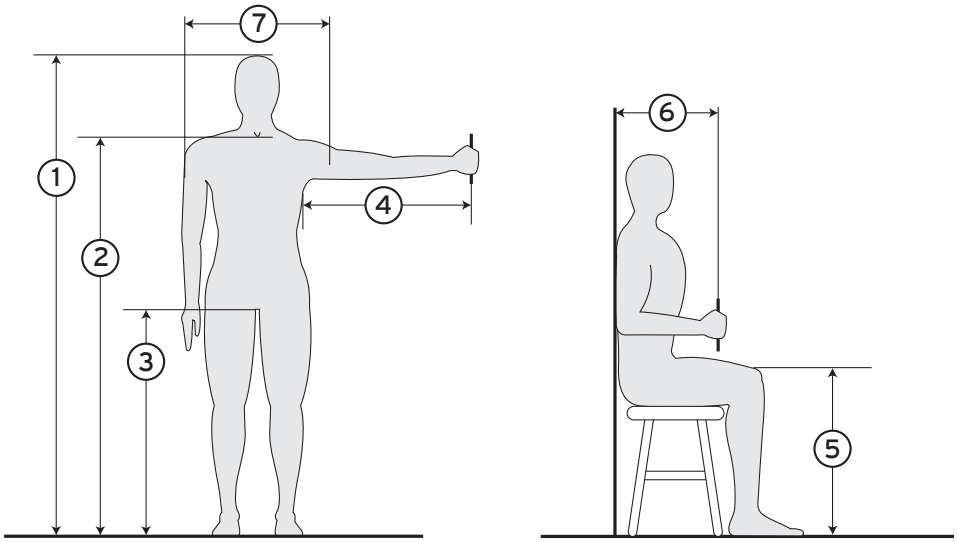
Pedal model:_____

Saddle model:_____
(if different than kit specified)

Notes:

Body Measurements

Please use metric.



1. **Height:** In stocking or bare feet, stand with heels and rump against the wall; feet should be 7" (18cm) apart.

2. **Total Body Length:** Assume the same stance as Height. Measure from the ground to the lowest point of your sternal notch.

3. **Inseam:** Remaining in the Height stance, hold a book with a 1-1/2"" (3.5cm) binding so the binding is pressed hard against your crotch—like a saddle—and the bottom of the book is against the wall. Measure from the ground to the top edge of the binding. Take this measurement three times.

   Please tell us what inseam measuring tool you used, i.e. 1-1/2" Binder, etc. _____

4. **Arm:** Hold your arm outstretched to your side, horizontal to the ground. Grip a pencil in your fist, perpendicular to your arm. Measure from the pencil to your rib cage, just under your arm. (left / right)

5. **Lower Leg:** In stocking or bare feet, in the seated position, measure both the left and right lower legs from the top of your kneecap to the floor. There may be discrepancies between left and right. (left / right)

6. **Forearm:** Grip a pencil in your fist perpendicular to your arm. Bend your elbow to a 90-degree bend. Measure from the backside of the elbow to the pencil. (left / right)

7. **Shoulder Width:** Measure the distance from the outside of one shoulder to the outside of the other.

8. **Foot:** Provide cycling shoe size.
   Toe overlap is acceptable ◯ Yes ◯ No

Rider Signature **Date:**

Your signature indicates that all information is true and correct to the best of your knowledge.