

# Arrow Build & FOC Worksheet

Record components, compute FOC step by step

## COMPONENTS

Shaft (gr) \_\_\_\_\_

Point / broadhead (gr) \_\_\_\_\_

Insert (gr) \_\_\_\_\_

Nock (gr) \_\_\_\_\_

Vanes – total (gr) \_\_\_\_\_

Arrow wrap (gr) \_\_\_\_\_

## MEASUREMENTS

Arrow total length (in) \_\_\_\_\_

Balance point from nock end (in) \_\_\_\_\_

## FOC FORMULA

$$\text{FOC\%} = ((\text{balance point} - \text{total length} / 2) / \text{total length}) \times 100$$

## TARGET BANDS

< 10% – Low

10-15% – Ideal target

15-20% – High (hunting)

> 20% – Extreme (Ashby)

## NOTES

