

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

