



Bike Maintenance Checklist

Bike make and model _____ Date: _____

	Pass	Fail	Comments
Frame All tubes in-line and free of damage			
Front fork Is fork straight and free of damage? No play between fork and frame Fork turns freely inside of headset			
Handlebars Handlebar is in line with front wheel Handlebar does not move when you hold the front wheel between your legs and twist the handlebars Grips are tight and in good condition, ends of handlebars are covered			
Saddle Saddle in good condition, firmly fixed and straight Saddle height adjusted at correct and comfortable level			
Air and wheels Tyres properly inflated and valve stem straight Good tread on tyres, no splits or cracks No dents, twists or kinks in rims Good tension in spokes, none missing, all tight When wheel is spun, wheel is true and centered in the stays Wheel spins freely and evenly, does not wobble			
Brakes Brake lever is in a comfortable position, firmly fixed Brake cable is not frayed Brakes operate effectively and smoothly Cable is correctly adjusted			
Cranks and pedals Crank turns freely and evenly, no looseness Pedals are tight and turn freely			
Chain, chainguard, chainwheel Clean and free of rust; lubricated properly Chainguard firmly fixed, not bent Chainwheel not bent; teeth not worn			
Derailleur Shifters and derailleur are operating properly			
Quick Releases Hubs: Closing lever makes an impression on your palm Brakes: Closed, brake pads are not rubbing on the rim Saddle: Closing the lever makes an impression on your palm			
Mudguard Firmly secured			
Reflectors Clean and secure			
Rack or carrier bag Firmly secured			