

## Bike Maintenance Overview

	Each Ride	Weekly	Monthly
Clean & lube chain	■		
Check tyre pressure	■		
Check chain tension, adjust if needed	■		
Check brake function	■		
Check frame, forks, bars, stem for cracks	■		
Clean bike - water, bike cleaning spray, sponge & rag		■	
Check for loose bolts, tighten if needed		■	
Check headset, tighten/loosen if needed		■	
Check pedals for spring wear		■	
Check tyres for wear		■	
Check spoke tension			■
Check chain for wear			■
Detailed clean			■

### Notes

- If you think an item is worn, or has been on your bike for over 12 months, then you should replace it.
- Spokes should be tightened one-to-two times per year.
- Take your bike for a proper service at least once per year.

### Common Mistakes

- Non-bike specific products for bike maintenance, e.g. motor oil on chain.
- Dry rag for cleaning (can scratch frame if lime is present).
- Forgetting to tighten chainring bolts.
- Tightening stem bolts before stem lock.
- Over tightening bolts.
- Contaminating disk rotors (grease, chain oil, old rag etc).