2007 HONDA CRF100F

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

		DATE	MILES
100 mi	☐ Change engine oil *(first)*		
600 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
1,200 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
1,800 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
2,400 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
3,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
3,600 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		

SCHEDULE

Change engine oil
First at 100 mi or 1 month, then every 600 mi or 6 months

Clean air filter
Every 600 mi or 6 months

Inspect spark plug
Every 600 mi or 6 months

For reference only. Compiled from the manufacturer's owner's manual; it may contain errors and is not a substitute for it. Always follow your own manual and a qualified mechanic. FindMyDirtBike is not affiliated with Honda and accepts no liability for use of this sheet (findmydirtbike.com/terms).

2007 HONDA CRF100F

Garage specs: fluids, plug, chain, tires and torques

FLUIDS

Oil type	10W-30
Engine oil	0.95 US qt (0.9 L)
Fuel capacity	1.45 gal

SPARK PLUG

Spark plug	NGK CR7HSA
Plug gap	0.024 - 0.028 in (0.60 - 0.70 mm)
Spark plug (alternative)	DENSO U22FSR-U
Spark plug (cold climate; below 5°C, 41°F)	NGK CR6HSA
Spark plug (cold climate; below 5°C, 41°F, alternative)	DENSO U20FSR-U
Spark plug (extended high speed riding)	NGK CR8HSA
Spark plug (extended high speed riding, alternative)	DENSO U24FSR-U

CHAIN, SPROCKETS & TIRES

Chain size	428
Front sprocket	14T
Rear sprocket	50T
Front tire	70/100-19 M/C 42M
Rear tire	90/100-16 M/C 51M

TORQUE SPECS

Oil drain bolt	18 ft-lb (24 N·m, 2.5 kgf·m)
Front axle	46 ft-lb (62 N·m, 6.3 kgf·m)
Rear axle nut	46 ft-lb (62 N·m, 6.3 kgf·m)

For reference only. Compiled from the manufacturer's owner's manual; it may contain errors and is not a substitute for it. Always follow your own manual and a qualified mechanic. FindMyDirtBike is not affiliated with Honda and accepts no liability for use of this sheet (findmydirtbike.com/terms).