2010 HONDA CRF150F

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

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

FLUIDS

Oil type	**10W-30**
Engine oil	**1.1 US qt (1.0 L)**
Fuel capacity	**1.9 gal**

SPARK PLUG

Spark plug	**NGK CPR8EA-9**
Plug gap	**0.031 - 0.035 in (0.80 - 0.90 mm)**
Spark plug (for extended high speed riding)	**NGK CPR9EA-9**

CHAIN, SPROCKETS & TIRES

Chain size	**520**
Front sprocket	**13T**
Rear sprocket	**48T**
Front tire	**70/100-19**
Rear tire	**90/100-16**

TORQUE SPECS

Oil drain bolt	**22 ft-lb (30 N·m, 3.1 kgf·m)**
Front axle	**54 ft-lb (73.5 N·m, 7.5 kgf·m)**
Front axle pinch nuts	**8.9 ft-lb (12 N·m, 1.2 kgf·m)**
Rear axle nut	**80 ft-lb (108 N·m, 11.0 kgf·m)**

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