2007 HONDA CRF80F

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	**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	**420**
Front sprocket	**14T**
Rear sprocket	**46T**
Front tire	**2.50-16 4PR**
Rear tire	**3.60-14 4PR**

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)**

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