1997 HONDA XR100R

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

		DATE	MILES
200 mi	☐ Change engine oil *(first)*		
1,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
2,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
3,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
4,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
5,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		
6,000 mi	☐ Change engine oil ☐ Clean air filter ☐ Inspect spark plug		

SCHEDULE

Change engine oil
First at 200 mi, then every 1,000 mi

Clean air filter
Every 1,000 mi

Inspect spark plug
Every 1,000 mi

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

FLUIDS

Oil type	10W-40
Engine oil	0.95 US qt (0.9 L)
Fuel capacity	1.72 gal

SPARK PLUG

Spark plug	NGK CR7HSA
Plug gap	0.024 - 0.028 in (0.6 - 0.7 mm)
Spark plug (alternative)	NIPPONDENSO U22FSR-U
Spark plug (cold climate: below 5°C, 41°F)	NGK CR6HSA
Spark plug (cold climate: below 5°C, 41°F, alternative)	NIPPONDENSO U20FSR-U
Spark plug (extended high speed riding)	NGK CR8HSA
Spark plug (extended high speed riding, alternative)	NIPPONDENSO U24FSR-U

CHAIN, SPROCKETS & TIRES

Chain size	428
Front sprocket	14T
Rear sprocket	50T
Front tire	2.50-19-4 PR
Rear tire	3.00-16-4 PR

TORQUE SPECS

Oil drain bolt	18 ft-lb (25 N·m, 2.5 kgf·m)
Front axle nut	46 ft-lb (63 N·m, 6.3 kgf·m)
Rear axle nut	46 ft-lb (63 N·m, 6.3 kgf·m)

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