1997 HONDA XR400R

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

200 mi
- ☐ Change engine oil *(first)*
- ☐ Change oil filter *(first)*

DATE _____ MILES _____

1,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

2,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

3,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

4,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

5,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

6,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

SCHEDULE

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

Change oil filter
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 or 20W-50
Engine oil	1.8 US qt (1.7 L)
Fuel capacity	2.5 gal

SPARK PLUG

Spark plug	NGK DPR8Z
Plug gap	0.023 - 0.028 in (0.6 - 0.7 mm)
Spark plug (alternative)	DENSO X24GPR-U
Spark plug (extended high speed riding)	NGK DPR9Z
Spark plug (extended high speed riding, alternative)	DENSO X27GPR-U

CHAIN, SPROCKETS & TIRES

Chain size	520
Chain links	108
Front sprocket	15T
Rear sprocket	45T
Front tire	80/100-21 51M
Rear tire	110/100-18 64M

TORQUE SPECS

Oil drain bolt (crankcase)	18 ft-lb (25 N·m, 2.5 kgf·m)
Oil drain bolt (frame)	29 ft-lb (39 N·m, 4.0 kgf·m)
Spark plug	13 ft-lb (18 N·m, 1.8 kgf·m)
Front axle	65 ft-lb (88 N·m, 9.0 kgf·m)
Front axle pinch nuts	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Rear axle nut	65 ft-lb (88 N·m, 9.0 kgf·m)
Steering stem nut	72 ft-lb (98 N·m, 10.0 kgf·m)
Front brake caliper mounting bolts	22 ft-lb (30 N·m, 3.1 kgf·m)
Front brake disc bolts	15 ft-lb (20 N·m, 2.0 kgf·m)
Rear brake disc bolts	31 ft-lb (42 N·m, 4.3 kgf·m)
Rear sprocket nuts	24 ft-lb (32 N·m, 3.3 kgf·m)
Front sprocket bolt	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Shock absorber mounting nuts	32 ft-lb (44 N·m, 4.5 kgf·m)

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