2000 HONDA XR400R

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

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

DATE _____ MILES _____

600 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

1,200 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

1,800 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

2,400 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 _____

3,600 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

SCHEDULE

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

Change oil filter
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-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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