2000 HONDA XR80R

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

		DATE	MILES
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
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	0.85 US qt (0.8 L)
Fuel capacity	1.6 gal

SPARK PLUG

Spark plug	NGK CR7HSA
Plug gap	0.024 - 0.028 in (0.6 - 0.7 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
Rear tire	3.60-14

TORQUE SPECS

Oil drain bolt	18 ft-lb (25 N·m, 2.5 kgf·m)
Spark plug	10 ft-lb (14 N·m, 1.4 kgf·m)
Front axle nut	46 ft-lb (62 N·m, 6.3 kgf·m)
Rear axle nut	46 ft-lb (62 N·m, 6.3 kgf·m)
Upper triple clamp bolts	8.1 ft-lb (11 N·m, 1.1 kgf·m)
Lower triple clamp bolts	19 ft-lb (26 N·m, 2.7 kgf·m)
Steering stem nut	55 ft-lb (74 N·m, 7.5 kgf·m)
Handlebar clamp bolts	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Rear sprocket nuts	24 ft-lb (32 N·m, 3.3 kgf·m)
Shock absorber mounting bolts	25 ft-lb (34 N·m, 3.5 kgf·m)

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