Bicycle maintenance checklist

greenmobilitynetwork.org. General guidance only; follow your bike's manual and see a mechanic for brake, steering or battery problems.

Before every ride

- [ ] Tires firm; pressure checked with a gauge at least weekly
- [ ] Both brakes stop the wheel; levers do not reach the bar
- [ ] Quick releases or thru-axles closed and tight
- [ ] Chain runs quietly; no stiff links
- [ ] Front and rear lights work and are charged
- [ ] Helmet undamaged and fitted

Every week (or every 100 to 150 miles)

- [ ] Wipe chain, then apply a few drops of lubricant and wipe off the excess
- [ ] Inspect tires for cuts, glass and wear
- [ ] Wipe down frame and brake surfaces; look for cracks or rust
- [ ] E-bike: check battery case, contacts and charger cable

Every month (or every 300 to 500 miles)

- [ ] Check brake pad wear and alignment
- [ ] Measure chain wear with a chain checker
- [ ] Check bolts on stem, handlebar, seat post and racks
- [ ] Spin wheels: check for wobble and loose spokes
- [ ] Test shifting through all gears
- [ ] Hot, humid or coastal climate: clean and re-lube the chain more often

Every year (or every 1,500 to 2,000 miles)

- [ ] Professional tune-up, or full service for e-bikes and suspension
- [ ] Replace worn cables, housing and bar tape or grips
- [ ] Replace tires and chain if worn
- [ ] Check helmet age and condition (follow the maker's guidance)
- [ ] Review lights, reflectors and lock

Bike: _____ Last service date: _____ Notes: _____