BenchPing

Bike tune-up checklist

REPAIR REFERENCE	BIKE	RIDER	DATE

Tires and wheels

ITEM	OK	ADJUSTED	NEEDS PART
Pressure / tire wear	☐	☐	☐
Wheel true / rim condition	☐	☐	☐
Spokes / hubs	☐	☐	☐

Brakes

ITEM	OK	ADJUSTED	NEEDS PART
Pads / rotors / rims	☐	☐	☐
Levers / cables / hydraulic lines	☐	☐	☐

Drivetrain

ITEM	OK	ADJUSTED	NEEDS PART
Chain wear %	☐	☐	☐
Cassette / chainrings	☐	☐	☐
Shifting / derailleurs	☐	☐	☐

Bearings

ITEM	OK	ADJUSTED	NEEDS PART
Headset	☐	☐	☐
Bottom bracket	☐	☐	☐
Hubs	☐	☐	☐

Cockpit and bolts

ITEM	OK	ADJUSTED	NEEDS PART
Bars / stem / saddle	☐	☐	☐
Torque to manufacturer specification	☐	☐	☐

Test ride

ITEM	OK	ADJUSTED	NEEDS PART
Braking / shifting / handling	☐	☐	☐
Final safety check	☐	☐	☐

NOTE FOR RIDER

BENCH NOTE (INTERNAL)