



Bike Worksheet

Name: _____

Date Started: _____

Contact: _____

Congratulations on beginning your new bike! You have 30 days to complete the project.

My Bike: _____

Make		Model		Color		Wheel Size	
I. Inspect Bike				V. Brakes			
<input type="checkbox"/> 1. Frame & Fork True		<input type="checkbox"/> 2. Wheels True Within 1"		Front		Rear	
II. Bottom Bracket				<input type="checkbox"/> 1 Inspect Lever & Caliper		<input type="checkbox"/> 1 Inspect Lever & Caliper	
<input type="checkbox"/> 1 Remove Pedals		<input type="checkbox"/> 6 Grease Cups		<input type="checkbox"/> 2 Inspect Cable& Housing		<input type="checkbox"/> 2 Inspect Cable& Housing	
<input type="checkbox"/> 2 Remove Cranks		<input type="checkbox"/> 7 Install Bearings		<input type="checkbox"/> 3 Install Cable in Lever		<input type="checkbox"/> 3 Install Cable in Lever	
<input type="checkbox"/> 3 Remove BB		<input type="checkbox"/> 8 Install & Adjust BB		<input type="checkbox"/> 4 Install Cable in Housing		<input type="checkbox"/> 4 Install Cable in Housing	
<input type="checkbox"/> 4 Clean BB Shell		<input type="checkbox"/> 9 Install Cranks		<input type="checkbox"/> 5 Install Cable in Caliper		<input type="checkbox"/> 5 Install Cable in Caliper	
<input type="checkbox"/> 5 Clean & Inspect BB		<input type="checkbox"/> 10 Install Pedals		<input type="checkbox"/> 6 Adjust Cable & Pads		<input type="checkbox"/> 6 Adjust Cable & Pads	
III. Headset				<input type="checkbox"/> Trim & Cap Cable		<input type="checkbox"/> Trim & Cap Cable	
<input type="checkbox"/> 1 Remove Stem & Bars		<input type="checkbox"/> 7 Grease Cups		VI. Chain			
<input type="checkbox"/> 2 Disassemble Headset		<input type="checkbox"/> 8 Install Bearings		<input type="checkbox"/> Check for Rust & Stretch		<input type="checkbox"/> Check Length	
<input type="checkbox"/> 3 Remove Cups		<input type="checkbox"/> 9 Assemble & Adjust Headset		VII. Gears			
<input type="checkbox"/> 4 Clean Head Tube				Rear		Front	
<input type="checkbox"/> 5 Clean Headset		<input type="checkbox"/> 10 Install Stem & Bars		<input type="checkbox"/> 1 Inspect Shifter & Derailleur		<input type="checkbox"/> 1 Inspect Shifter & Derailleur	
<input type="checkbox"/> 6 Reinstall Cups				<input type="checkbox"/> 2 Inspect Cable& Housing		<input type="checkbox"/> 2 Inspect Cable& Housing	
IV. Wheels				<input type="checkbox"/> 3 Install Cable in Shifter		<input type="checkbox"/> 3 Install Cable in Shifter	
Front		Rear		<input type="checkbox"/> 4 Install Cable in Housing		<input type="checkbox"/> 4 Install Cable in Housing	
<input type="checkbox"/> 1 Remove Wheel		<input type="checkbox"/> 1 Remove Wheel		<input type="checkbox"/> 5 Check Derailleur Alignment		<input type="checkbox"/> 5 Check Derailleur Alignment	
<input type="checkbox"/> 2 Remove Locknut & Cone from One Side		<input type="checkbox"/> 2 Remove Freewheel or Cassette		<input type="checkbox"/> 6 Set High Limit Screw		<input type="checkbox"/> 6 Set Low Limit Screw	
<input type="checkbox"/> 3 Remove Axle, Dust Covers, and Bearings		<input type="checkbox"/> 3 Remove Locknut & Cone from Non-Drive Side		<input type="checkbox"/> 7 Attach Cable to Derailleur		<input type="checkbox"/> 7 Attach Cable to Derailleur	
<input type="checkbox"/> 4 Clean All Parts		<input type="checkbox"/> 4 Remove Axle, Dust Covers, and Bearings		<input type="checkbox"/> 8 Adjust Cable Tension		<input type="checkbox"/> 8 Adjust Cable Tension	
<input type="checkbox"/> 5 Grease Bearing Cups		<input type="checkbox"/> 5 Clean All Parts		<input type="checkbox"/> 9 Set Low Limit Screw		<input type="checkbox"/> 9 Set High Limit Screw	
<input type="checkbox"/> 6 Install Axle				VIII. Final Steps			
<input type="checkbox"/> 7 Install & Adjust Cone & Locknut		<input type="checkbox"/> 6 Grease Bearing Cups		<input type="checkbox"/> Adjust Saddle Position		<input type="checkbox"/> Install Lights/Reflectors	
<input type="checkbox"/> 8 Adjust Spoke Tension & True		<input type="checkbox"/> 7 Install Axle		<input type="checkbox"/> Adjust Handlebar Position		<input type="checkbox"/> Test Ride	
				<input type="checkbox"/> Inspect tires, tubes, rim strips			
<input type="checkbox"/> 9 Reinstall Wheel		<input type="checkbox"/> 9 Adjust Spoke Tension & True		Completed on: _____			
		<input type="checkbox"/> 10 Reinstall Wheel		Notes:			