

Daily maintenance	
Tyres -- check tyres for air and tread. You should replace tyres if the tread is worn.	<input type="checkbox"/> Tyres
Weekly maintenance	
Brakes -- make sure the brake blocks are close to the rim when brakes are off and contact the centre of the rim when the brake lever is pulled. Check to see you don't need to replace worn cables or blocks.	<input type="checkbox"/> Brake adjustment <input type="checkbox"/> Brake wear
Chain -- check that the chain moves freely without any squeaking noises.	<input type="checkbox"/> Chain
Clean lights and reflectors . Check the light is sufficiently bright and replace batteries if necessary.	<input type="checkbox"/> Clean lights <input type="checkbox"/> Clean batteries
Monthly maintenance	
Make sure pedals rotate freely. Oil them. If they have rubber blocks check for wear and replace if necessary.	<input type="checkbox"/> Pedal rotation <input type="checkbox"/> Oil pedals
Check that the wheels and rims are straight. If not, take the wheel to a bicycle mechanic for truing. If you feel confident, you could true your own wheel.	<input type="checkbox"/> Wheels
Check chain tension -- if the chain is slack on a bike without gears increase tension by loosening nuts and pulling the hub and wheel back slightly. On a bike with derailleurs ensure the tensioning spring is working.	<input type="checkbox"/> Chain tension
Chain -- Clean the chain with an old toothbrush dipped in solvent, re-lubricate with a chain lubricant recommended by your bike shop.	<input type="checkbox"/> Chain clean <input type="checkbox"/> Chain lubrication
Check the brake levers are tight. Lubricate the cable with a tiny amount of oil.	<input type="checkbox"/> Brake levers
Wipe front gears clean and oil the pivot joints.	<input type="checkbox"/> Front gears
Oil all moving parts of back gears and check their alignment	<input type="checkbox"/> Back gears
Check that the cone adjustment is correct. Wheels shouldn't shake sideways but should rotate for at least 30 seconds if you spin them.	<input type="checkbox"/> Front wheel cones <input type="checkbox"/> Rear wheel cones
Check the frame for any damage, and clean paint work gently with soap and water.	<input type="checkbox"/> Frame
Check the front and back fork tips for cracks	<input type="checkbox"/> Fork tips