



# Mountain Bike Maintenance Checklist

Brought to you by FATRAC | Ride Confident. Ride Prepared.

## Pre-Ride Trail Checklist

- Charge e-bike (if applicable)
- Check batteries for dropper/shifting
- Tire pressure + wear check
- Brake function test
- Suspension bounce/sag check
- Quick-release/axles tight
- Chain clean/lubed

## Post-Ride Checklist

- Wipe down frame + drivetrain
- Inspect for damage/cracks
- Lube chain if dry
- Charge battery if needed
- Log maintenance needs

## Cockpit Setup: Bar Width, Saddle Height, Stem Length

---

-

---

-

---

-

---

-

---

-

---

-

**Suspension Setup: Sag %, PSI, Rebound/Compression Settings**

---

-

---

-

---

-

---

-

---

-

---

-

---



**Mountain Bike Maintenance Checklist**

**Other Notes / Trail Fixes**

---

-

---

-

---

-

---

-

---

-

---

-

---



**Mountain Bike Maintenance Checklist**

## Q&A - Questions & Answers

Q1: \_\_\_\_\_

\_\_\_\_\_

A1: \_\_\_\_\_

\_\_\_\_\_

Q2: \_\_\_\_\_

\_\_\_\_\_

A2: \_\_\_\_\_

\_\_\_\_\_

Q3: \_\_\_\_\_

\_\_\_\_\_

A3: \_\_\_\_\_

\_\_\_\_\_

Q4: \_\_\_\_\_

\_\_\_\_\_

A4: \_\_\_\_\_

\_\_\_\_\_

Q5: \_\_\_\_\_

\_\_\_\_\_

A5: \_\_\_\_\_

\_\_\_\_\_

Q6: \_\_\_\_\_

\_\_\_\_\_

A6: \_\_\_\_\_

\_\_\_\_\_

Q7: \_\_\_\_\_

\_\_\_\_\_

A7: \_\_\_\_\_

\_\_\_\_\_

Q8: \_\_\_\_\_

\_\_\_\_\_

A8: \_\_\_\_\_

\_\_\_\_\_

Q9: \_\_\_\_\_

\_\_\_\_\_

A9: \_\_\_\_\_

\_\_\_\_\_

Q10: \_\_\_\_\_

\_\_\_\_\_

A10: \_\_\_\_\_

\_\_\_\_\_