

# Bike Health Check

This form is to be completed during a Bikeweek bike health check and does not replace a full service, which should be carried out at least once a year. Any parts and labour arising from this check will be charged at the stores standard rate - if you agree for the work to go ahead.

Store Name \_\_\_\_\_

Customer's Name \_\_\_\_\_ Bicycle Make and Model \_\_\_\_\_

Mechanic's Name \_\_\_\_\_ Date of Health Check \_\_\_\_\_

Component	Safe	Needs Work	Unsafe	Recommendation
Frame condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Handlebar and stem straight and tight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Wheels running free and true: • Rim not showing signs of excessive wear • Wheel nuts are tight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Tyre condition and inflated to correct pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Bottom bracket running free and with no play: • Crank arm bolts and pedals are tight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Headset adjusted correctly with no play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Condition of brake blocks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Brakes adjusted correctly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Chain lubricated and not worn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Front and rear derailleurs showing no damage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Gears indexing correctly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Seat and seatpost bolts tight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Additional Notes \_\_\_\_\_

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