

Use this form to record any faults encountered during the M-Check.

<b>Bicycle Make</b>	<b>Bicycle Model</b>	<b>Frame Number</b>

Completed Checks	Tick	Completed Checks	Tick
Tyres – correct air pressure, good tread, seated correctly, no cracks in tyre walls		Frame - condition/alignment as specification	
Wheel rims – free from damage		Front/Rear suspension - set for rider weight/style, compression and rebound travels freely	
Wheels – no loose spokes and true		Handlebars & stem – fitted securely, positions	
Hubs – no side play and free rotation		Handlebars & stem – check for rotation under stress	
Rear derailleur – correctly aligned, end stop adjustment, indexing		Headset – no play and free rotation	
Brake Callipers – fitted securely, correct brake callipers/blocks, alignment		Bar ends - fitted	
Check saddle position; fixing to seat post		Brake/gear lever - position correct	
Front derailleur – correctly aligned, end stop adjustment, indexing		Brakes – operation check L & R. Will they stop you in an emergency	
Bottom bracket, no play & free rotation		Gears – operation check, do they shift smoothly	
Chainset - runs true with no side to side play		Accessories fitted correctly, as required (Pump, Lights, Mudguards, Bottle Cage etc)	
Pedals – fitted correctly, free rotation with no side to side play		Ensure all reflectors fitted	
Pivot bolts – fitted securely, suspension travel, free without play		Ensure bell fitted	

Additional Notes/Faults:

<b>Completed by:</b>	<b>Signature:</b>	<b>Date:</b>