FJ Cruiser Maintenance Checklist	Off-road Checklist (Every 5,000 Miles or Before/After Off-roading)
By F3X2000	Check ball joints and dust covers
	Check brake lines and hoses
Every 5,000 Miles	Check brake pads/discs
Clean cabin air filter	Check front/rear differential oil
Replace engine oil/oil filter (5W-30 for 07-09 FJs)	Check CV axie boots
Rotate tires	Check/clean engine air filter
Visually inspect brake pads/discs/drums/linings	Check/tighten nuts/bolts on chassis (including skid plates)
Inspect and adjust all fluid levels	Check steering linkage and boots
Inspect wiper blades	Check transfer case oil
Check installation of driver's floor mat	Check transmission fluid
very 10,000 Miles	Lubricate propeller shafts
Replace engine oil/oil filter (0W-20 for 2010+ FJs)	Check front upper/lower control bolts/nuts
very 15,000 Miles	Check rear links and panhard bar bolts/nuts
Lubricate propeller shaft	Check sway bar link bolts/nuts
Re-torque propeller shaft bolts	Check front/rear shock mounts
Replace cabin air filter (07-09 FJs)	Other Items to Inspect/Change Periodically
Replace front/rear differential oil (if towing)	Automatic trans fluid (Change every 60,000 - 100,000 miles)
very 80,000 Miles	Manual transmission fluid (Change every 30,000 - 60,000 miles
Replace engine air filter	Engine coolant (Change every 30,000 miles or 2 years)
Replace spark plugs (07-09 FJs)	Exhaust pipes and mountings
Replace transfer case oil (if towing or frequent 4WD)	Fuel lines, connections, fuel tank band, and fuel vapor vent
Replace manual transmission oil (if towing)	system hoses
Replace cabin air filter (2010+ FJs)	Fuel tank cap gasket
Replace clutch fluid	Radiator and condenser
very 60,000 Miles	Steering gear box
Replace automatic transmission fluid (if towing)	Drive belts
very 120,000 Miles	Engine valve clearance (07-09 FJs)
Replace spark plugs (2010+ FJs)	Brake fluid (Change every 2-5 years)
	Power steering fluid (Change every 75,000 -100,000 miles)
	Headlight/turn signal/reverse/mirror bulbs
lote: Some items may only apply to 4WD models, to FJs used for off-roading, or FJs used for towing. Do suggested service at your discretion based on use.	5000 mile interval oil/oil filter changes are suggested for 2010+ FJs driving repeated trips less than 5 miles in temepratures below 32°F 0°C or if extensive idling and/or low speed driving for long distances

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AW Rasmussen

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