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|  | **OIL CHANGE/OIL FILTER** | **COOLANT FLUSH** | **BRAKES** | **TRANSMISSION FLUSH/FILTER** | **DIFFERENTIAL FLUID** | **AIR FILTERS** | **BELTS AND HOSES** | **WHEELS AND TIRES** | **SPARK PLUGS** | **FUEL FILTER** |
| **WHEN** | • Depends on engine type and driving conditions. • Generally around every 5,000 to 10,000 km, or every 3 to 6 months. | • Every 3 years | • Every 2 years inspection of brake pads, fluid and other brake components. | • Manual transmission: Every 50,000 km.  • Automatic transmission: Every 50,000 to 100,00 km.  • Note: Some cars are now sealed units, with no fluid change. | • Every 50,000 to 80,000 km. | • Every 20,000 to 30,000 km. | • Inspect every 75,000 km to 100,000 km or every 4-5 years. Replace as needed. | • Rotation every 10,000 to 12,000 km, or every 6 months.  • Replace low tread, or worn tires. | • Depends on vehicle but in general: •Turbocharged: every 60,000 km.  • Naturally aspirated: every 100,000 km. | •Every 50,000 to 100,00 km. |
| **WHY** | • Over time, high heat of engine makes the oil break down.  • With less effective lubricant, moving internal engine parts wear out more quickly, such as the friction warping cylinders. | • Coolant becomes contaminated over time, leading to corrosion and oxidation of the radiator and other cooling system parts. | • Brake caliper pads get thinner over time.  • Brake fluid can absorb moisture, over time that can lead to a spongy pedal. • Brake lines can rust. | • A transmission filter picks up debris over time, which can lead to overheating of transmission. | • The oil loses lubricating ability with usage, creating friction, which weakens gears, leading to failure. | • Engine intake filter: reduce debris-caused engine damage, improve fuel economy, less emissions.  • Cabin filter: less debris into the passenger area | • Monitoring for cracks or wear can help prevent failure while driving of systems like cooling, timing, generator. | • Rotating tires makes them wear evenly and thus last longer.  • Worn tires may have insufficient grip or may blow out. | • Functional plugs have less misfires, easier cold engine starting, less emissions. | • Less debris from inside gas tank to get into engine. |

**\*\*\* SAMPLE ONLY \*\*\*: Your car’s make and model are unique! Talk to your automobile service mechanic about what maintenance schedule is best for your vehicle.**

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| Why not consider maintaining one’s human body as well as a car, considering that human body has to last for quite a few decades.  ­­­ | Driving vs. Thriving  A thought experiment  on a maintenance schedule  for your body’s health | www.drivingvsthriving.com |