

Fitness Equipment Service Record

Track the usage measure that actually decides when something is replaced, instead of guessing from how old it looks.

Service and replacement records for kit that wears out by use rather than by date — shoes, drivetrains, cables, treadmills, rowers.

USAGE, NOT AGE

Running shoes, chains and cables are replaced on distance or hours, and almost nobody records the distance. Write the usage measure down when the item is new and the decision makes itself later.

Owner

Club or gym

Sheet started

Item	Make and model	In use from	Usage measure	Replace or service at	Date done	Work or parts	By	Cost	Next due
			km or hours						