Honda Element 2003-2006 When To Change It: Maintenance Schedule

Fluids, filters, and checks by mileage and time. Use the **Severe** column if you do delivery driving, extensive idling, long stop-and-go, or mostly short trips under 5 miles - Honda counts those as severe service.

Source - factory verified: 2004 Honda Element Owner's Manual, Maintenance Schedule, pp. 198-204. Intervals verified 2026-11-19 against that schedule for the 2003-2006 Element (K24A4). Where Honda publishes no interval, this sheet says so - it does not invent one.

1 FLUIDS, FILTERS & SCHEDULED ITEMS - NORMAL VS SEVERE

Item	Normal service	Severe service
Engine oil	10,000 mi or 1 year	**5,000 mi or 6 months**
Oil filter	20,000 mi	**10,000 mi or 1 year**
Automatic transmission fluid (ATF)	First: 120,000 mi or 6 years Then: 90,000 mi or 5 years	**First: 60,000 mi or 3 years** **Then: 40,000 mi or 2 years**
Engine coolant	First: 120,000 mi or 10 years, then every 60,000 mi or 5 years - same for Normal and Severe	
Brake fluid	Every 3 years, independent of mileage - same for Normal and Severe	
Engine air filter	30,000 mi	**15,000 mi in dusty conditions, otherwise use Normal**
Cabin (dust & pollen) filter	30,000 mi or 2 years	
Spark plugs	110,000 mi	
Drive belt	Inspect and adjust every 30,000 mi or 2 years - no replacement interval; replace on condition	
Valve clearance	Inspect every 110,000 mi; adjust only if noisy	

About the oil filter: Honda's factory cadence really is filter every 20,000 mi on Normal service - half as often as the oil. Changing the filter at every oil change is common modern practice, but it is not the factory number above.

Which column is yours? If the Element earns its keep in delivery or city work, plan from the Severe column and treat Normal as the reference. That is the honest column for a working truck.

2 MILESTONE CHECKS - BY MILEAGE BAND

SCHEDULED = due by Honda's interval at that mileage. **INSPECT** = check at that mileage and replace only if worn or faulty. Do not replace inspect items on mileage alone.

Around 60,000 miles

FACTORY SCHEDULED

- ATF - first Severe change due (60,000 mi / 3 yr)
- Engine air filter and cabin filter (every 30,000 mi)
- Drive belt - inspect and adjust
- Engine oil and filter on your cadence

INSPECT - REPLACE IF WORN

- Brake pads, discs, hoses and fluid level
- Suspension, steering linkage, boots
- Exhaust, hoses, all fluid levels

Around 90,000 miles

FACTORY SCHEDULED

- Engine air filter and cabin filter again (30,000-mi cycle)
- Drive belt - inspect and adjust again
- Engine oil and filter on your cadence

INSPECT - REPLACE IF WORN

- ATF condition - Severe second change comes at 100,000 mi
- Coolant condition - first change comes at 120,000 mi
- Belts, hoses, brakes, suspension

100,000 - 110,000 miles

FACTORY SCHEDULED

- **Spark plugs - 110,000 mi**
- **Valve clearance - inspect at 110,000 mi; adjust only if noisy**
- ATF - Severe second change at 100,000 mi (60k + 40k)

INSPECT - REPLACE IF WORN

- **Motor mounts - check at this mileage, replace if worn**
- Drive belt, hoses, suspension bushings
- Timing chain - listen for cold-start rattle (see note below)

Around 150,000 miles

FACTORY SCHEDULED

- Engine air filter and cabin filter (30,000-mi cycle)
- Drive belt - inspect and adjust
- Brake fluid - every 3 years, regardless of mileage
- Engine oil and filter on your cadence

INSPECT - REPLACE IF WORN

- Coolant - second change due at 180,000 mi (120k + 60k)
- Motor mounts, bushings, struts, hoses
- Power-steering and rear-diff fluid condition

Around 200,000 miles

FACTORY SCHEDULED

- Filters and belt inspection on the 30,000-mi cycle (180,000 / 210,000 mi)
- Coolant - changed at 180,000 mi, next at 240,000 mi
- Spark plugs - second set due at 220,000 mi (110,000-mi cycle)

INSPECT - REPLACE IF WORN

- Motor mounts, suspension, steering - full condition check
- Hoses, belt, brakes, exhaust
- All fluids by level and condition

3 READ THIS BEFORE YOU ORDER PARTS

Timing chain - no scheduled replacement. The K24 engine in the 2003-2006 Element uses a timing chain, not a belt. Honda's manual template prints a "replace timing belt every 110,000 miles" row in this schedule - that row does **not** apply to this engine. Service the chain only if a cold-start rattle or inspection condemns it.

Power-steering fluid - no factory interval. Honda's schedule has no replacement interval for power-steering fluid, only inspection of level and condition. *Common practice:* refresh it when it is dark, noisy, or by condition - label that as practice, not a Honda interval.

Rear differential (Dual Pump) fluid - no factory interval published. The 2003-2006 schedule grids contain no mileage number for it. *By condition:* change it if you hear chatter on turns or the fluid looks spent - again, practice, not a factory schedule.

> **2007-2011 Elements are different.** Later Elements use Honda's Maintenance Minder system - the car signals service by codes on the dash instead of this mileage table. This sheet is for **2003-2006** only.

Keep this sheet in the glovebox or on the garage wall. Mark the date and mileage each time a job is done, right on the paper - the next owner will thank you.

SERVICE LOG - WRITE IT ON THE PAPER

Date	Mileage	Job done