

## 01 / MAKE A MAINTENANCE PLAN

# Start with the vehicle you have.

At 100,000 miles, build a record of what has actually been serviced. Write down the year, engine, mileage, current oil, and any changes in oil level or operation. Use the owner's manual to identify work due by both mileage and age.

## Where AMSOIL High-Mileage fits.

AMSOIL positions its High-Mileage Motor Oil for engines with more than 75,000 miles. It includes detergents and seal conditioners intended for aging engines. Match the selected product's viscosity and specifications to your engine; mileage alone does not establish compatibility. A lubricant choice does not replace diagnosis of a leak or mechanical wear.

[AMSOIL High-Mileage 5W-30: application details and current data bulletin ↗](#)

## Build your next-service list.

- Check the oil and filter schedule, required specification, and any special operating conditions.
- Review the manual's coolant, transmission, differential, spark-plug, belt, and filter requirements as applicable.
- Ask a technician to inspect new leaks, unusual noises, smoke, warning lights, or changes in oil use.
- Keep receipts and record the product, quantity, date, and mileage for each service.

### Choose for the engine first.

Do not choose a thicker oil solely because the odometer passed a milestone. Confirm permitted grades in the manual and discuss symptoms with a technician.

Source: the linked AMSOIL High-Mileage product page, reviewed October 7, 2026. This is Clearwater Oil's planning guide, not an AMSOIL publication or a vehicle-specific service schedule.

## 02 / TAKE THIS TO YOUR NEXT SERVICE

## Make oil use easier to explain.

Check the level using the owner's manual's specified vehicle position, engine condition, and waiting period. Use consistent conditions each time. Record top-ups with units and avoid overfilling. A falling level can have several causes; this log helps a technician investigate it.

Vehicle / engine: \_\_\_\_\_

Specified oil / current product: \_\_\_\_\_

**Oil-level and top-up record**

| Date | Odometer | Level before top-up | Amount + unit added | Notes / conditions |
|------|----------|---------------------|---------------------|--------------------|
|      |          |                     |                     |                    |
|      |          |                     |                     |                    |
|      |          |                     |                     |                    |
|      |          |                     |                     |                    |

**Questions for your mechanic.**

- Is there evidence of an external leak or another cause of oil loss?
- Does this pattern warrant an oil-consumption test or further diagnosis?
- Which overdue services matter most for this vehicle's condition and use?
- What oil specification, filter, and service schedule should I record?

Follow the manual's immediate response to an oil-pressure warning; do not use this worksheet to delay needed service. Adding oil does not reset the oil-change interval.

Next service date / mileage: \_\_\_\_\_

[Check AMSOIL vehicle fitment ↗](#) · [Compare oil families](#)