**Ford 6R140 Transmission Adaptive Drive Cycle**

NOTE: Always drive the vehicle in a safe manner according to driving conditions and obey all traffic laws.

Operate the vehicle until the transmission fluid is at normal operating temperature. If a scan tool is available, connect the scan tool to the vehicle to verify the transmission fluid is at normal operating temperature, between 196°-216°F. If the transmission fluid is not at operating temperature, drive the vehicle until the normal operating temperature is achieved. NOTE: The transmission fluid must be at operating temperature before continuing.

NOTE: Drive the vehicle on a level road surface to perform the adaptive drive cycle.

1. Apply the parking brake.

2. With the engine running and the brakes applied, move the selector lever in the following sequence pausing between each position for 4 seconds. Begin in Neutral, N-R-N-D-R-D-N. Repeat this sequence 2 additional times.

3. Release the parking brake and accelerate at moderate throttle so each shift occurs around 2,000 rpm up to 65 mph. Brake moderately to a stop. Repeat this sequence 2 additional times.

4. Accelerate at moderate throttle so each shift occurs around 3,000 rpm up to 65 mph. Brake moderately to a stop. Repeat this sequence 2 additional times.

5. Stop the vehicle and apply the parking brake.

6. With the engine running and the brakes applied, move the selector lever in the following sequence pausing between each position for 4 seconds. Begin in NEUTRAL, N-R-N-D-R-D-N. Repeat this sequence 2 additional times.