

---

## Adaptive Learning Drive Cycle

### Activation

**NOTE:** *Perform the adaptive learning drive cycle on a level road surface.*

1. Record then clear the DTCs (Diagnostic Trouble Codes).
2. Drive the vehicle until the engine and transmission reach normal operating temperature.
3. Accelerate from a stop with light throttle (15%) ensuring that upshifts 1st through 8th occur at engine speeds between 1300-1600 rpm.
4. Continue to accelerate (may apply slightly more throttle after 7-8 upshift at 32-38 mph (51-61 km/h) until you achieve 55 mph (88 km/h) and the 8-9 and 9-10 shifts complete.
5. Brake very gently to a complete stop and hold foot on brake for five (5) seconds.
6. Shift the transmission to Neutral. Wait 1 second.
7. Shift the transmission to Reverse. Wait 2 seconds.
8. Shift the transmission to Neutral. Wait 1 second.
9. Shift the transmission to Drive. Wait 2 seconds.
10. Repeat Steps 3 through 9 six additional times.

---

Copyright © 2019 Ford Motor Company

