

'Zulu time'	HST+10	AST+9	PST+8	MST+7	CST+6	EST+5
UDC =	(no HDT)	ADT+8	PDT+7	MDT+6	CDT+5	EDT+4



notes

Terminal and Enroute Forecasts and Trends

Location	Time	Forecast

Location	Wind and Temperature Aloft Forecasts					
	Alt		Alt		Alt	

Location	NOTAMS / PIREPS / Significant Weather Forecasts

VFR Cruising Altitudes

Magnetic Course

180°-359° (inclusive)	0°-179° (inclusive)
EVEN thousands + 500'	ODD thousands + 500'
4500, 6500, 8500...	3500, 5500, 7500...

WINDS

dir	vel	temp

told

HEADING

TC	TH	MH	CH

CHECKPOINT
(or fix)
and Altitude

DIST	GS	TIME	FUEL	gph flow
LEG REM	EST ACT	ETE ATE	ETA ATA	LEG REM
← total dist.		time off	fuel at takeoff	
← NAVAID				

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VFR Flight Planner

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1	type	2	act ident	3	act type, spcl. equipment	4	true	5	departure point	6	dep time	7	cruise alt.
	VFR											Z	
	IFR												
	DVFR												

8	route of flight	
9	destination name & city	
10	est. time	hours mins
11	remarks	
12	hours mins	
13	alternate airport	
14	pilot's name, address, phone, & act home base	
15	number on board	
16	color of aircraft	
17	destination contact / phone (optional)	

Special Equipment Suffixes for (3)	A - DME, Xpdr WITH alt encoding R - RNAV, Xpdr WITH alt encoding B - DME, Xpdr w/ NO alt encoding C - RNAV, Xpdr w/ NO alt encoding D - DME NO Xpdr alt encoding U - Xpdr w/ NO alt encoding X - NO Transponder encoding
Add Suffix to Act Type on Flt Plan -- ex: "P28A/LPHA"	

Weather Go/No Go Checklist	signal on ground in flight	steady cleared land	steady cleared to taxi	flash green cleared to return to land	flash green taxi	steady red stop	flash red taxi clear of runway	flash red taxi clear of runway	flash white return to ramp	alternating red/green Warning - Use Caution	fuel	generally 6 lb / gal	CG = $\Sigma(\text{moment}) / \Sigma(\text{weight})$
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VHF Frequencies	Emergency / ELT	121.5	takeoff wt / cg/mom	122.0	EFAS / "Flight Watch"	122.0	taxi / trip	122.85	Air to Air	122.75	taxi / trip	126.2	Military VHF	126.2	FSS (general)	122.2	landing wt / cg/mom	122.95	UNICOM (Towered Airps.)
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IM SAFE	Illness	Medication	Stress	Alcohol	Fatigue	Emotion
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Date / Initials	Fuel Management	taxi / take-off	climb	cruise	app.	alt.	res.	total	power	RPM	fuel flow	gph
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fold



fold

v2.2A

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Airport Frequencies / Information

Airport				
ATIS				
Clearance Del				
Ground				
CTAF/Tower				
FSS				
UNICOM				
TPA				
Runways				

notes					
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flight plan	filed?	activated?	closed? with	FSS
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ATIS				
Airport				
Code				
Wind				
Ceil / Vis				
Altimeter				
Runway				