Instructor	Student	AIrcraft Reg.	Date of Flight	Total Dist.	Total Flight Time	Total Fuel (mins)

END of DAYLIGHT

SARTIME (UTC/LST)

ALTOCAP FLIGHT SCHOOL

PSN	LSALT	ALT	TAS	TRM	WIND	HDG	GS	DIST	ETI	PLN EST	REV EST	ATD ATA

FREQUENCIES		NAV AIDS				
Location	FREQ	AID	VOR	NDB	RANGE	IDENT

SAP				SAP			
FREQ:	ELEV	CCTS	Over Fly	FREQ:	ELEV	CCTS	Over Fly

Left Tank				Right Tank			
ON	OFF	TIME	REM	ON	OFF	TIME	REM

Pilot Notes

From >> To						
Fuel Calculation	Mins	Lts	Mins	Lts	Mins	Lts
Climbing						
Cruise						
Alternate						
Sub-Total						
Variable Reserve (15%)						
Fixed Reserve						
Holding						
Taxi						
Fuel Required						
Fuel Margin						
Endurance						

ATIS -Departure		ATIS -Arrival		Aircraft - Operational Info.	
IDENT	QNH	IDENT	QNH	TOW	LW
RWY	TEMP	RWY	TEMP	TODR	LDR
WIND	CLOUD	WIND	CLOUD	Vtoss	Vref

Compass
Log
Engines
Altitude
Radios
Orientation
Fuel

TOC / TOD
Fuel
Mixture
QNH
DI
AIDS