

PILOT FROM		AIRCRAFT TO		REGISTRATION DISTANCE		DATE FLIGHT TIME	
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FROM	TO	MSA	DIST	TAS	TRK (T)	W/V	HDG (T)	GS	VAR	HDG (M)	ALT	TIME	ETA	ATA
													NAV START	

COMMS	FREQ

FUEL		FUEL LOG	
L	R	DESTINATION	
		ALTERNATE	
		+ 10%	
		45 MINS	
		TOTAL REQUIRED	
		TOTAL CARRIED	
		ENDURANCE	

DEPARTURE DETAILS			
ATIS		Departure Clearance:	
QNH			
QFE			
RUNWAY			
WIND			
		TAKE OFF TIME	

NAV	FREQ	IDENT

ARRIVAL DETAILS			
ATIS		Arrival Clearance:	
QNH			
QFE			
RUNWAY			
WIND			
		ARRIVAL TIME	