

**FLIGHT NAVIGATION LOG**

DEP ELEV:	CLNC DEL:	TWR:	TAS:
ATIS:	GND CONT:	WINDS @ ALT:	F/F: PH / PMIN
CLNC:		CAF:	

E:

DEP  
FREQ: Q:

DEP RTE:	TIME OFF:	DEST ELEV:
DEST ATIS:	APPR CNTL:	TWR:
		GND CNTL:

RTE	TO	IDENT CHAN	CRS	DIST	ETE	ETA	LEG	EFR	NOTES (BEGIN FUEL LOAD)
						ATA			

START, TAXI & TAKE-OFF

LCL ATIS RPT:

LEVEL OFF									

DEST ATIS RPT:

FRCST ALTM:

ALTERNATE     RTE:     ATIS:     APPR  
CNTL:

ALT     TWR:     GND     APPR  
ELEV:     CNTL:     FRCST ALTM:

CRUISE ALT

IAF ALT 
*(Over)***FLIGHT NAVIGATION LOG**

DEP ELEV:	CLNC DEL:	TWR:	TAS:
ATIS:	GND CONT:	WINDS @ ALT:	F/F: PH / PMIN
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DEP RTE:	TIME OFF:	DEST ELEV:
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RTE	TO	IDENT CHAN	CRS	DIST	ETE	ETA	LEG	EFR	NOTES (BEGIN FUEL LOAD)
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CNTL:

ALT     TWR:     GND     APPR  
ELEV:     CNTL:     FRCST ALTM:

CRUISE ALT

IAF ALT 
*(Over)*

## FUEL PLAN

1. CLIMB / RTE DEST IAF _____	5. RES (45 MINS) _____
2. RTE ALT IAF _____	6. TOTAL REQ (4 + 5) _____
3. APPROACHES _____	7. TOTAL ONBOARD _____
4. TOTAL (1, 2 & 3) _____	8. SPARE FUEL (6 - 7) _____

### EMERGENCY "BINGO" TO ALTERNATE

	REQ	+	APPR	+	RES	=	TOTAL
LAST CRUSING ALT	_____	+	_____	+	_____	=	_____
IAF ALT	_____	+	_____	+	_____	=	_____

CHECKLIST	DESTINATION	ALTERNATE	EMER FIELDS
RWY LENGTH			ID
LIGHTING			FREQ / CH PAGE #
FUEL / OIL			ID
PAR / ASR / MINS			FREQ / CH PAGE #
VOR MINS			ID
NDB MINS			FREQ / CH PAGE #
FLIPS			
NOTAMS / TFR			
FLASHLIGHT / WALLET FIRST AID KIT (MTNS)			WX FOR FILING  2000 / 3 @ DEST +/- 1HR ETA ALT: PUB MINS @ ETA 800 / 2 NON-PRECISION 600 / 2 PRECISION OR VFR FROM MEA

#### QUICK FILE CRITERIA

**D** ESTINATION  
**R** OUTE  
**A** LTITUDE  
**F** UEL IN HRS:MINS  
**T** IME ENROUTE

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	REQ	+	APPR	+	RES	=	TOTAL
LAST CRUSING ALT	_____	+	_____	+	_____	=	_____
IAF ALT	_____	+	_____	+	_____	=	_____

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