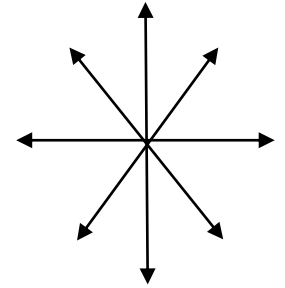


# CPL Flight Plan (PLOG)

Captain \_\_\_\_\_ Callsign \_\_\_\_\_

Aircraft		Departure Info.		ATC Clearance			Arrival Info.(Dest)	
Date		Freq.	125.30 (EGKR)	LONDON QNH:  REGIONAL QNH:	HDG	Alt/FL	Freq.	
Reg.		INFO	CLOUD				INFO	CLOUD
Taxy		RWY					RWY	
T/O		W/V					W/V	
L/D		VIS	T/DP				VIS	T/DP
Park		QNH	QFE				QNH	QFE



Position	Min Cruise Alt	Alt/FL	TAS	Track (T)	W/V	HDG (T)	Var	HDG (M)	G/S	Distance	Time	ETA	Rev. ETA	ATA	Rev. HDG

Fuel (US gal) _____ usg/hr		STATION	APP	TWR	RDR	GND	Station	Freq.	Ident.	Groundspeed									
Tx/TO/Cb	Holding									Dist	90	100	110	120	130	140	150	160	
Route	Reserve									15	10	9	8	7.5	7	6.5	6	4	
Alt + MAP	Min. Req.									20	13.5	12	11	10	9	8.5	8	7.5	
Cont 5%	Extra Fuel									25	16.5	15	13.5	12.5	11.5	10.5	10	9.5	
FOB: _____ ENDURANCE: _____										30	20	18	16.5	15	14	13	12	11	
										35	23	21	19	17.5	16	15	14	13-	