VFR Flight Planner and Nav Log

A/C ID: Date:

fold

FROM:	TO:	Block Fuel:	Leg No:

Fuel Planning

% Power		Enroute Fuel Req	
MP		91.151 Reserve	
RPM		Personal Minimum	
KTAS		Alternate	
GPH		Total Fuel Request	

Weight & Balance Summary

ZFW & CG
TOW & CG
BLOCK & CG
LW & CG
Remark

Airport Sketch & Frequencies

Departure Airport

ELEV _____
TPA _____

ATIS/AWOS/ASOS
CLNC / DEL
GND
TWR / CTAF
DEP / APP
UNICOM
FSS
FBO Info

RWY Length _____
T/O Dist. _____

Arrival Airport

ELEV _____
TPA _____

ATIS/AWOS/ASOS
CLNC / DEL
GND
TWR / CTAF
DEP / APP
UNICOM
FSS
FBO Name
FBO Freq & Phone

RWY Length _____
LDG Dist. _____

Dispatch Freq:	
Dispatch Phone:	

WIND		HEADING		
STA.	TEMP	TC	TH	MH
DIR / VEL.		WCA	Var.	Dev.

CH	CHECKPOINT ALT.	CHECKPOINT TAS	Freq. / ID	ROUTE / NAVAID	GS EST. / ACT.	DIST LEG / REM.	TIME ETE / ATE	TIME ETA / ATA	FUEL Start/Taxi/T.O est. LEG / REM	FUEL Start/Taxi/T.O act. LEG / REM	FUEL Total (HH:MM) REM.
						Total	Time Off (UTC) :				
											:
	TOC | On-Course Fix										:
	On-Course Fix | TOC										:
											:
											:

ICAO Flight Plan — 1-800-WX-BRIEF

PRIORITY <=FF

ADDRESSEE(S) <=

FILING TIME

ORIGINATOR <=

SPECIFIC IDENTIFICATION OF ADDRESSEE(S) AND / OR ORIGINATOR

3 MESSAGE TYPE <=(FPL

7 AIRCRAFT IDENTIFICATION

8 FLIGHT RULES

TYPE OF FLIGHT <=

9 NUMBER

TYPE OF AIRCRAFT

WAKE TURBULENCE CAT. /

10 EQUIPMENT / <=

13 DEPARTURE AERODROME

TIME <=

15 CRUISING SPEED

LEVEL

ROUTE <=

16 DESTINATION AERODROME

TOTAL EET HR MIN

ALTN AERODROME

2ND ALTN AERODROME <=

18 OTHER INFORMATION <=

SUPPLEMENTARY INFORMATION (NOT TO BE TRANSMITTED IN FPL MESSAGES)

19 ENDURANCE HR MIN E/

PERSONS ON BOARD P/

EMERGENCY RADIO R/ UHF U VHF V ELT E

SURVIVAL EQUIPMENT / POLAR P DESERT D MARITIME M JUNGLE J

JACKETS / LIGHT L FLUORES F UHF U VHF V

DINGHIES D / NUMBER CAPACITY COVER C COLOR <=

AIRCRAFT COLOR AND MARKINGS A/

REMARKS N / <=

PILOT-IN-COMMAND C/)<=

FILED BY	ACCEPTED BY	ADDITIONAL INFORMATION

FAA Form 7233-4 (7/15)

Ref: AIM 5-1-9 or https://bit.ly/3vIroXl

Pre-Flight Pilot Checklists

		Remarks
Weather (Destination) (Alternate)	☐ Present	
	☐ Forecast	
Weather (En Route)	☐ Present	
	☐ Forecast	
	☐ Pireps	
Winds Aloft	Best Crzg. Alt.	
Nav. Aid & Comm. Status.	☐ Destination	
	☐ En Route	
Airport Conditions	☐ Destination	
	☐ Alternate	
ADIZ	☐ Airspace Restrictions	

Location	NOTAMs / PIREPs / S.U.As

Weather Go/No Go Checklist		Synopsis & Area WX	
Current Enroute WX		Temp / Dew Point Spread (Fog)	
Forecast Enroute WX		Freezing Levels	
Forecast Destination WX		PIREPs, including Top Reports	
Forecast Alternate Airport WX		NOTAMs	
Winds & Temp Aloft Forecast		Final Decision:	
Better WX Area Forecast			

I'M SAFE	Illness		Medication		Stress		Alcohol		Fatigue		Emotion & Eating				
ARROWSP	Airworthiness Certificate		Registraion		Radio License		POH		W & B Data		G1000 Suplements		Placards		
Inspections	Annual		ADs		100 hours		Altimeter & Static Source		ELT		91.205		91.213(d)		
NWKRAFT	NOTAM		Weather		Delay		RWY Info		Alternate		Fuel		T/O & LDG Data		

Time Block

ETD:	ATD:
ETA:	ATA:
Time Block:	
TACHO In:	Out:
HOBBS In:	Out:

CLEARANCE

Clearance Limit	
Route	
Altitude	
Departure Frequency	
Transponder Code	
Expect Further Clearance	

Solar Flyer 迎晖航空 solarflyer.club

NOTES