



Guide to Flight Planning Log Sheet

1. Safe altitude—Minimum altitude you must fly to be above any terrain features, and to have a suitable landing area within gliding distance in case of engine failure.
2. Altitude—Cruising flight altitude. If over 3,000 feet AGL: 0° to 179° magnetic courses fly at odd thousands of feet plus 500. 180° to 359° magnetic courses fly at even thousands plus 500.
3. Temperature & Winds aloft forecast—Temperature C, Direction and Wind speed at cruising altitudes or airport waypoint if landing found from Winds Aloft Tables.
4. Density Altitude – Pressure altitude corrected for temperature.
5. Indicated airspeed—Cruising indicated/calibrated airspeed (knots or MPH).
6. True airspeed—Indicated/calibrated airspeed (knots or MPH) corrected for density altitude (same as indicated at Standard Sea level and greater than indicated at higher density altitudes).
7. Distance—Miles (statute or nautical) measured
 - a. for the segment
 - b. segments totaled.
8. True Course in degrees measured —True track/direction aircraft travels for flight segment over the ground.
9. True Heading in degrees—direction the aircraft is pointed after correction for wind crab angle (no wind same as True Course):
 - a. True heading calculated; and
 - b. Magnetic heading for compass (same as true heading adjusted for magnetic variation)
10. Ground speed in knots or MPH adjusted from true air speed and wind
11. Time en route
 - a. Distance divided by ground speed for leg
 - b. Time totaled for legs.
12. Fuel burned per leg
 - a. fuel consumption multiplied by time for the leg
 - b. fuel burned totaled for legs.
13. Communication frequencies for the Checkpoint
14. Airport runways/patterns—List preferred runways, patterns LH/RH, pattern altitudes for intended airports.
15. Performance check for airports—Calculate and verify weight/balance for all aspects of the flight including route and takeoff/landing distances for intended and possible diverted airports.
16. Additional time and fuel burned at airports or checkpoints doing landings, getting fuel, etc...

Flight Planning Log Sheet

	Route segment 1		Route segment 2		Route segment 3	
Departure location ID	Checkpoint ID		Checkpoint ID		Checkpoint ID	
	Planned	Actual	Planned	Actual	Planned	Actual
1. Safe Altitude		X		X		X
2. Altitude						
3. Temp/Winds aloft forecast						
4. Density Altitude						
5. Indicated Air Speed						
6. True Air Speed		X		X		X
7. a. Distance leg						
b. Distance total		X		X		X
8. True course		X		X		X
9. a) True heading		X		X		X
b) Magnetic heading						
10. Ground speed						
11. a) Time to checkpoint						
b) Time total						
12. a) Fuel burned per leg						
b) Fuel burned total						
13. Radio frequencies						
14. Runways/patterns						
15. Performance check for airports						
16. Additional time/fuel for airports or checkpoints						