

*Outbound:*

<b>ATIS:</b>	Frequency
	Winds: Visibility: Temperature: Dew Point: Altimeter: Active Runway: Info:
<b>Time Start:</b>	
<b>GROUND:</b> (before Taxi)	Frequency
<ul style="list-style-type: none"> <li>Aircraft Identification:</li> <li>Field Position:</li> <li>Flight Status:</li> <li>Destination:</li> <li>Request Radar Advisories? (Y/N)</li> <li>ATIS Information:</li> <li></li> </ul>	<u>C</u> learance:  <u>R</u> oute:  <u>A</u> ltitude: <u>F</u> requency: <u>T</u> ransponder:
<b>TOWER:</b> (before Take Off)	Frequency
<ul style="list-style-type: none"> <li>Aircraft Identification:</li> <li>"Ready for Departure"</li> <li>Runway:</li> <li>Direction of Flight or destination:</li> </ul>	← <i>Departure Frequency</i>

*Inbound:*

<b>ATIS:</b> (VFR:about 25 miles out)	Frequency
	Winds: Visibility: Temperature: Dew Point: Altimeter: Active Runway: Info:
<b>APPROACH:</b> (VFR:about 15 miles out)	Frequency
<ul style="list-style-type: none"> <li>Aircraft Identification:</li> <li>Position:</li> <li>Altitude:</li> <li>Intentions:</li> <li>ATIS Information:</li> <li></li> </ul>	
<b>TOWER:</b> (when directed)	Frequency
<ul style="list-style-type: none"> <li>Aircraft Identification:</li> <li>Position:</li> <li>Intentions:</li> <li></li> </ul>	
<b>GROUND:</b> (when directed)	Frequency
<ul style="list-style-type: none"> <li>Follow instructions</li> </ul>	<b>Time Stop:</b>

**Take Off Speed:**

*Rotate:*

*Climb Out:*

**Max Glide:**

**Landing Speed:**

*Flap Up:*

*Flap Down:*

**V<sub>SPEEDS</sub>**

V<sub>NE</sub> -  
Nvr Excd

V<sub>NO</sub> -  
Max Cruise

V<sub>A</sub> -  
Maneuv

V<sub>FE</sub> -  
Flaps Ext

V<sub>X</sub> -  
Angle

V<sub>Y</sub> -  
Rate

C - arb. Heat

G - as

U - ndercarriage

M - ixture

P - rop

S - eat Belt

In-flight WX – 122.0  
Emergency Frequency - 121.5  
Guard – 121.5  
Aircraft to Aircraft – 122.75

**Transponder Codes:**  
7600 Radio Failure  
7700 Emergency  
1200 VFR

FSS - at Outbound

FSS- at Inbound