

FLIGHT PLAN		(FAA USE ONLY)			TIME STARTED		SPECIALIST INITIALS
1. TYPE	2. AIRCRAFT IDENTIFICATION	3. AIRCRAFT TYPE/SPECIAL EQUIPMENT	4. TRUE AIRSPEED	5. DEPART. POINT	6. DEPARTURE TIME		7. CRUISING ALTITUDE
X	N711JB	G1159/A	506 KTS	KSTL ST. LOUIS, MO	PROPOSED (Z)	ACTUAL (Z)	FL370
8. ROUTE OF FLIGHT STL, GATWAY2.ROD, J29 DJB, J60 PSB, PSB.MIP8, LGA							
9. DESTINATION (Name of airport and city) KLGA LA GUARDIA NEW YORK, NY		10. EST. TIME ENROUTE HOURS MINUTES		11. REMARKS L/O = LEVEL OFF PPH = Pounds Per Hour TEC = TOWER ENROUTE CONTROL VARIATION: BIB 1E, ROD 1W, DJB 5W, PSB 8W, MIP 11W, SBJ 11W, LGA 12W			
12. FUEL ON BOARD HOURS MINUTES 4 00		13. ALTERNATE AIRPORT(S) KJFK NEW YORK, NY		14. Pilot's NAME, ADDRESS & TELEPHONE NUMBER & AIRCRAFT HOME BASE		15. NUMBER ABOARD 12	
16. COLOR OF AIRCRAFT BLUE/RED		17. DESTINATION CONTACT/TELEPHONE (OPTIONAL)					
		16. COLOR OF AIRCRAFT BLUE/RED CIVIL AIRCRAFT PILOTS. FAR Part 91 requires you file an IFR flight plan to operate.....					

FAA Form 7233-1(8-82) CLOSE VFR FLIGHT PLAN WITH _____ FSS ON ARRIVAL

FLIGHT LOG

CHECK POINTS		ROUTE	COURS E	WIND	SPEED-KTS		DIST NM	TIME		FUEL	
FROM	TO	ALTITUD E		TEMP	TAS	GS		LEG	TOT	LEG	TOT
STL	BIB	GATWAY 2 CLIMB					95		:16:00		987*
BIB	ROD	GATWAY 2 FL370		350/96 ISA-1							
ROD	DJB	J29 FL370									
DJB	PSB	J60 FL370									
PSB	MIP	PSB.MIP8 FL370									
MIP	SBJ										
SBJ	LGA	DESCNT					52	:16:26		269	
LGA	JFK	TEC 4000			260			:15:00			

OTHER DATA: *Includes Taxi Fuel
NOTE: USE 2389 PPH Total Fuel Flow From L/O To Start of Descent.
 Use 1898 PPH Total Fuel Flow For Reserve And Alternate Requirements.
 A Missed Approach Requires 233# of Fuel.

TIME and FUEL: As required by FARs.

TIME	FUEL (LB)	
		EN ROUTE
		RESERVE
		ALTERNATE
		TOTAL

Figure 158.-Flight Plan/Flight Log