AIRCRAFT TYPE		CALL SIGN	PILOT-IN-COMMAND		ETD
SECTOR of		FROM:		TO:	
TIME (Chock to Chock)	STOP	FLIGHT TIME	STOP		RUNWAY
	START		START		
	VARIANCE		VARIANCE		

POSITION	LS ALT	ALT	TAS	TRK (T)	WIND	HDG (T)	GS	DIST	ETI	ETA	ATA
ALTERNATE				TOTAL DISTANCE/TIME							

ATC CLEARANCE	RADIO FREQUENCIES		
	STATION	TYPE	FREQ

FUEL			
Sector at	gph		Gal
Alternate at	gph		Gal
Fixed Reserve (45mins)			Gal
Variable Reserve (0.15 Sector)			Gal
Required			Gal
TOTAL FUEL CARRIED			**Gal**

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SECTOR of		FROM:		TO:	
TIME (Chock to Chock)	STOP	FLIGHT TIME	STOP		RUNWAY
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POSITION	LS ALT	ALT	TAS	TRK (T)	WIND	HDG (T)	GS	DIST	ETI	ETA	ATA
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TOTAL FUEL CARRIED			**Gal**