Date		Tacho beg.	Tacho end	Pilot	Altitudes / OAT / IAS / TAS
Dep	elev.	Off blocks	Engine off	Type acft	
Dest	elev.	Take off	Landing	Callsign	

Levels		Checkpoints			Wind		Distance			Headings				Time		Schedule		
MEF	**Cruise**	**Checkpoints**	**Freq.**		**W/V**	**TT**	**Int.**	**Acc.**	**GS**	**WCA**	**TH**	**Var.**	**MH**	**Int.**	**Acc.**	**ETO**	**ATO**	**RETO**

Fuel calculation

.... Ltr-gln / hr	Time	Qty.
Tripfuel		
Alternate		
Sub/total		
Addition 10%		
Reserve	**00:45**	
Minimum req.		
Extra		
Tot. On board		

Check!!!

W&B within envelop

Take off distance sufficient

Landing distance sufficient

MEF = max elevation figure within 5nm both sides of track. Obstacle + 60ft

ATIS departure, arrival and remarks - Weather information

Enroute information	freq.
Amsterdam info	124,30
Dutch mill	132,35
Rotterdam Tower	118,20
Rotterdam Delivery	122,17

W/V = wind velocity
TT = true track
Acc = accumulated
Int = interval
GS = ground speed
MH = magnatic heading
Var = variation on map
TH = true heading
WCA = wind correction angle
ETO = etimated time overhead
ATO = actual time overhead
RETO = reviewed estimad time overhead