

Cpt \_\_\_\_\_  
F/O \_\_\_\_\_

Block time on \_\_\_\_\_  
DEP time (sched/act) \_\_\_\_\_ / \_\_\_\_\_  
ARR time (sched/act) \_\_\_\_\_ / \_\_\_\_\_  
Block time off \_\_\_\_\_  
Total flight time \_\_\_\_\_  
Total block time \_\_\_\_\_

# Progress Flight Card

Flight No \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ Altitude \_\_\_\_\_ A/C \_\_\_\_\_ Reg no \_\_\_\_\_

## ATIS - Takeoff

Received info \_\_\_\_\_ Active runway \_\_\_\_\_ Transition level \_\_\_\_\_ **QNH** \_\_\_\_\_ QFE \_\_\_\_\_  
Wind \_\_\_\_\_ @ \_\_\_\_\_ Visibility \_\_\_\_\_ Temp \_\_\_\_ / \_\_\_\_ Clouds \_\_\_\_\_

## ATC Clearance

☐ Cleared as filed ☐ **SQUAWK** \_\_\_\_\_  
☐ SID \_\_\_\_\_ ☐ ATC directive: hdg \_\_\_\_\_ vector to \_\_\_\_\_  
☐ Climb to \_\_\_\_\_ expect clearance to FL \_\_\_\_\_ approx. \_\_\_\_\_ mins after departure  
☐ Departure frequency \_\_\_\_\_ or \_\_\_\_\_

## Taxi clearance

Taxi to runway \_\_\_\_\_ via \_\_\_\_\_

## Takeoff

Wind \_\_\_\_\_ @ \_\_\_\_\_ Cleared to altitude \_\_\_\_\_ hdg/vector to \_\_\_\_\_

## After takeoff

Climb to \_\_\_\_\_ hdg \_\_\_\_\_ Climb to \_\_\_\_\_ hdg \_\_\_\_\_ Climb to \_\_\_\_\_ hdg \_\_\_\_\_  
Climb to \_\_\_\_\_ hdg \_\_\_\_\_ Climb to \_\_\_\_\_ hdg \_\_\_\_\_ Climb to \_\_\_\_\_ hdg \_\_\_\_\_  
Direct to \_\_\_\_\_

Center 1 freq \_\_\_\_\_ Center 2 \_\_\_\_\_ Center 3 \_\_\_\_\_  
Center 4 freq \_\_\_\_\_ Center 5 \_\_\_\_\_ Center 6 \_\_\_\_\_

## ATIS - Landing

Received info \_\_\_\_\_ Active runway \_\_\_\_\_ Transition level \_\_\_\_\_ **QNH** \_\_\_\_\_ QFE \_\_\_\_\_  
Wind \_\_\_\_\_ @ \_\_\_\_\_ Visibility \_\_\_\_\_ Temp \_\_\_\_ / \_\_\_\_ Clouds \_\_\_\_\_

## Approach

STAR in use for app \_\_\_\_\_ Cross \_\_\_\_\_ int @ \_\_\_\_\_

App 1 freq \_\_\_\_\_ App 2 freq \_\_\_\_\_ App 3 freq \_\_\_\_\_

Fly hdg \_\_\_\_\_ Fly hdg \_\_\_\_\_ Fly hdg \_\_\_\_\_ Fly hdg \_\_\_\_\_ Fly hdg \_\_\_\_\_ Fly hdg \_\_\_\_\_  
Desc to \_\_\_\_\_ Desc to \_\_\_\_\_ Desc to \_\_\_\_\_ Desc to \_\_\_\_\_ Desc to \_\_\_\_\_ Desc to \_\_\_\_\_

☐ Cleared for approach runway \_\_\_\_\_  
☐ Maintain \_\_\_\_\_ feet until estab or until \_\_\_\_\_ intersection

## Landing

Tower freq \_\_\_\_\_ Wind \_\_\_\_\_ @ \_\_\_\_\_

**CHECK – 1. LANDING GEAR DOWN 2. FLAPS DOWN 3. TOWER CLEARANCE RECEIVED**

Ground freq \_\_\_\_\_ Taxi to stand/gate \_\_\_\_\_ via \_\_\_\_\_