VFR Flight Plan
Livermore (LVK) – Oakland (OAK) via Hayward (HWD)

Pilot Name: __________________________

Cessna 172/177 Performance Table (Page 1)

Speed: 60 knots climb
        (1 nm/min)

                               120 knots cruise/descent
        (2 nm/min)

Fuel Burn: 12 gallons/hour
        (1/5 gal/min, or 5 min/gal)

Fuel Carried: 24 gallons

Endurance: _____ hours (_____ min)

Range @ Cruise Speed: _________ nm

Rate of Climb: 800 feet/min (sea level)

Ceiling: 12,000 feet
Flight Plan (Page 2)

1. **Leg #1: Livermore (LVK) – Dublin Checkpoint**
   - **A.** Draw Course Line LVK – Dublin Checkpoint
   - **B.** Measure Distance LVK – Dublin: _______ nm
   - **C.** Climb Speed (Knots): _______ knots
   - **D.** Climb Speed (nm/min): _______ nm/min
   - **E.** Time to Dublin: 1A / 1D = _______ min
   - **F.** Altitude at Dublin: 800 ft/min x 1E + 400’ _______ ft

2. **Leg #2: Dublin Checkpoint – HWD**
   - **A.** Draw Course Line Dublin Checkpoint - HWD
   - **B.** Measure Distance Dublin – HWD: _______ nm
   - **C.** Cruise Speed (Knots): _______ knots
   - **D.** Cruise Speed (nm/min): _______ nm/min
   - **E.** Time to HWD: _______ min

3. **Leg #3: HWD – OAK**
   - **A.** Draw Course Line HWD - OAK
   - **B.** Measure Distance HWD - OAK: _______ nm
   - **C.** Cruise/Descent Airspeed (Knots): _______ knots
   - **D.** Cruise/Descent Airspeed (nm/min): _______ nm/min
   - **E.** Time to OAK: _______ min
Flight Plan (Page 3)

4. Totals

A. Total Distance (1B + 2B + 3B) = _______ nm
B. Total Time (1E + 2E + 3E) = _______ min
C. Fuel Burn (gal/min): _______ gal/min
D. Fuel Consumption (4B x 4C) = _______ gal
E. Fuel Carried: _______ gal
F. Is this flight safe? Y / N

Cut on dotted line

VFR Terminal Area Chart Plotter

Cut out the plotter below for use measuring distances on the VFR Terminal Area Chart excerpt used in the flight planning activity (1B, 2B and 3B). Units shown on the plotter will be nautical miles on the chart.

NOT FOR USE FOR AERIAL NAVIGATION