

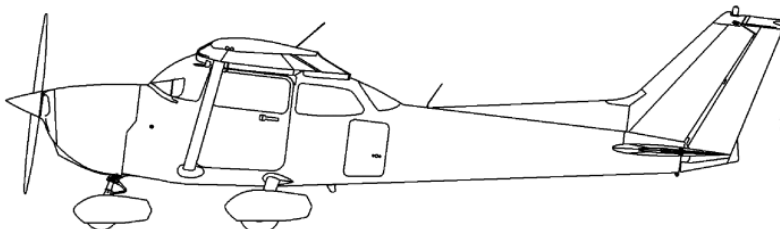
# VFR Flight Plan

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:  $800 \text{ ft/min} \times 1E + 400'$  \_\_\_\_\_ 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)

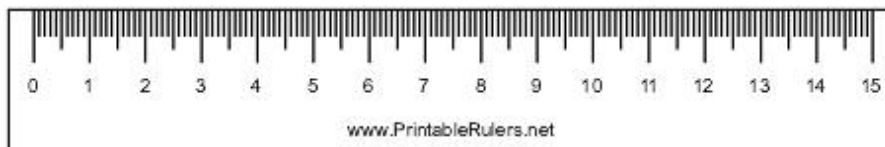
## 4. Totals

- 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

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*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***