Brakes off	Brakes on	Take off	Land	Set h'dng	IAS

Field	Info	R/W	W/V	Vis	Cloud	T/D	QNH	QFE	ATIS	App	Twr

From / To	Safety Alt / Plan Alt	True Track	Wind Vel.	Drift MAG	G. S. Kts.	Dist. nM.	Time	ETA Actual	FIS FREQ	VOR Squawk

Fuel Consumption

Endurance	
Taxi	
Flight	
Diversion	
Reserve	

Clearances/Observations

FIS/RIS: CALLSIGN/TYPE - ENROUTE FROM/TO - POSITION - HEADING - ALTITUDE/QNH - CONDITIONS - ESTIMATE - REQUEST
POSITION REPORT: CALLSIGN - POSITION - TIME - LEVEL - NEXT + ETA
MATZ PENETRATION: CALLSIGN/TYPE - POSITION - HEADING - ALTITUDE/QNH - INTENTIONS

Brakes off	Brakes on	Take off	Land	Set h'dng	IAS

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