

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 1: Introduction to Flight

Estimated Time: 1.0 hours

KEY TOPICS:

- Sport Pilot privileges/limits
- Preflight inspection
- Cockpit familiarization
- Airport operations

MANEUVERS:

Preflight (VIII.A) [D]

Standard: Per POH/checklist

Notes: _____

Engine Start (VIII.C) [D]

Standard: Clear area, checklist

Notes: _____

Taxi (VIII.D) [D]

Standard: Proper speed/track

Notes: _____

Normal T/O (IX.A) [D]

Standard: Dir $\pm 10^\circ$, proper rotate

Notes: _____

Straight/Level (III.A) [D]

Standard: ± 150 ft, $\pm 15^\circ$

Notes: _____

Normal Landing (X.A) [D]

Standard: 1st 1/3 runway

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 2: Four Fundamentals

Estimated Time: 1.5 hours

KEY TOPICS:

- S&L, Climbs, Descents
- Power/pitch relationships
- Coordination
- Visual references

MANEUVERS:

Straight & Level (III.A) [P]

Standard: ± 150 ft, $\pm 15^\circ$

Notes: _____

Turns (III.B) [P]

Standard: ± 150 ft, $\pm 15^\circ$, coord

Notes: _____

Climbs (III.C) [P]

Standard: ± 150 ft, $\pm 15^\circ$, ± 10 kts

Notes: _____

Descents (III.D) [P]

Standard: ± 150 ft, $\pm 15^\circ$, ± 10 kts

Notes: _____

Pattern Work [P]

Standard: ± 100 ft, proper spacing

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 3: Pattern Ops / Landings

Estimated Time: 1.5 hours

KEY TOPICS:

- Pattern components
- Stabilized approach
- Landing sight picture
- Go-around procedures

MANEUVERS:

Normal T/O (IX.A) [P]

Standard: Dir $\pm 10^\circ$, proper Vy

Notes: _____

Traffic Pattern (X.A) [P]

Standard: ± 100 ft, proper speeds

Notes: _____

Normal Landing (X.A) [P]

Standard: 1st 1/3, centerline

Notes: _____

Go-Around (X.D) [D]

Standard: Full pwr, pos climb

Notes: _____

5-7 Landings [P]

Standard: Consistent technique

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 4: Crosswind / Slow Flight

Estimated Time: 1.5 hours

KEY TOPICS:

- Crosswind techniques
- Slip vs. crab
- Slow flight intro
- Stall awareness

MANEUVERS:

Crosswind T/O (IX.A) [P]

Standard: Wing low, centerline

Notes: _____

Slow Flight (IV.A) [D]

Standard: ± 100 ft, $\pm 10^\circ$, ± 10 kts

Notes: _____

Crosswind Ldg (X.B) [P]

Standard: Upwind wheel 1st

Notes: _____

Wind Correction [P]

Standard: Proper crab/slip

Notes: _____

Go-Around (X.D) [P]

Standard: Timely, proper exec

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 5: Slow Flight & P/O Stalls

Estimated Time: 1.5 hours

KEY TOPICS:

- Slow flight mastery
- Stall theory & AOA
- Power-off stalls
- Weight & balance

MANEUVERS:

Slow Flight P/O (IV.A) [P]

Standard: ± 100 ft, $\pm 10^\circ$, ± 10 kts

Notes: _____

Slow Flight P/F (IV.A) [P]

Standard: ± 100 ft, $\pm 10^\circ$, ± 10 kts

Notes: _____

P/O Stalls (IV.B) [D]

Standard: Prompt recog, $\pm 10^\circ$

Notes: _____

Steep Turns (III.E) [D]

Standard: ± 150 ft, $45^\circ \pm 5^\circ$

Notes: _____

Pattern Work [P]

Standard: Consistent landings

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 6: P/O Stalls & Steep Turns

Estimated Time: 1.5 hours

KEY TOPICS:

- Power-on stalls
- Torque effects
- Steep turn technique
- VFR weather mins

MANEUVERS:

P/O Stalls (IV.C) [D]

Standard: Prompt recog, $\pm 10^\circ$

Notes: _____

P/O Stalls (IV.B) [P]

Standard: Min alt loss

Notes: _____

Steep Turns 45° (III.E) [P]

Standard: ± 150 ft, $\pm 15^\circ$ rollout

Notes: _____

Pattern Work [P]

Standard: Xwind as available

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 7: Emergency Procedures

Estimated Time: 1.5 hours

KEY TOPICS:

- Engine failure
- Emergency landing
- Site selection
- Systems malfunctions

MANEUVERS:

Emerg Approach (V.A) [D]

Standard: Best glide, reach area

Notes: _____

Systems Malfx (V.B) [D]

Standard: Proper analysis/proc

Notes: _____

Slow Flight (IV.A) [P]

Standard: ± 100 ft, ± 10 kts

Notes: _____

Stalls (IV.B, IV.C) [P]

Standard: Prompt recog/recov

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 8: Pre-Solo Stage Prep

Estimated Time: 1.5 hours

KEY TOPICS:

- Review all maneuvers
- Solo requirements
- Decision making
- Personal minimums

MANEUVERS:

All Normal Proc [P]

Standard: Smooth, confident

Notes: _____

Normal/Xwind T/O-Ldg [P]

Standard: Consistent, safe

Notes: _____

Slow Flight (IV.A) [P]

Standard: ± 100 ft, ± 10 kts

Notes: _____

Stalls (IV.B, IV.C) [P]

Standard: Min alt loss

Notes: _____

Emergency (V.A) [P]

Standard: Good judgment

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 9: PRE-SOLO STAGE CHECK

Estimated Time: 1.5 hours

KEY TOPICS:

- STAGE CHECK
- Different CFI
- All topics to date
- Solo prep

MANEUVERS:

All Pre-Solo Items [CR]

Standard: Meet/exceed PTS

Notes: _____

Areas I-V, VIII-XI [CR]

Standard: Demonstrate safety

Notes: _____

Good Judgment [CR]

Standard: ADM scenarios

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 10: Final Pre-Solo Review

Estimated Time: 1.0 hours

KEY TOPICS:

- Stage check feedback
- Solo procedures
- Emergency review
- Final prep

MANEUVERS:

Normal T/O-Landing [CR]

Standard: Consistent & safe

Notes: _____

Go-Around (X.D) [CR]

Standard: Confident exec

Notes: _____

All Normal Proc [CR]

Standard: Smooth operation

Notes: _____

Confidence Build [CR]

Standard: Ready for solo

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 11: FIRST SOLO FLIGHT

Estimated Time: 0.5 hours

KEY TOPICS:

- SOLO FLIGHT
- Pre-solo endorsement
- CFI monitors
- 3 T/O & 3 Landings

MANEUVERS:

Solo: 3 T/O & Ldg [S]

Standard: Pattern ± 100 ft

Notes: _____

Pattern Work (X.A) [S]

Standard: Proper speeds

Notes: _____

Safe Operations [S]

Standard: Good judgment

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 12: Post-Solo / Short-Field

Estimated Time: 1.5 hours

KEY TOPICS:

- Post-solo debrief
- Short-field ops
- Ground effect
- Max performance

MANEUVERS:

Normal Ops Review [P]

Standard: Refine consistency

Notes: _____

Short-Field T/O (IX.B) [D]

Standard: Vx to obstacle

Notes: _____

Short-Field Ldg (X.C) [D]

Standard: Specified pt ± 100 ft

Notes: _____

Steep Turns (III.E) [P]

Standard: ± 150 ft, $45^\circ \pm 5^\circ$

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 13: Ground Reference Intro

Estimated Time: 1.5 hours

KEY TOPICS:

- Wind correction
- Rectangular course
- S-turns
- Turns around point

MANEUVERS:

Rectangular (VII.A) [D]

Standard: 600-1000 AGL, ± 100 ft

Notes: _____

S-Turns (VII.B) [D]

Standard: Const radius, ± 100 ft

Notes: _____

Turns/Point (VII.C) [D]

Standard: Const radius, ± 100 ft

Notes: _____

Short-Field Ops [P]

Standard: Refine technique

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 14: Ground Ref / Solo

Estimated Time: 1.5 hours

KEY TOPICS:

- Ground ref practice
- Solo practice prep
- Self-evaluation
- Practice area bounds

MANEUVERS:

Rectangular (VII.A) [P]

Standard: ± 100 ft, uniform track

Notes: _____

S-Turns (VII.B) [P]

Standard: ± 100 ft, const radius

Notes: _____

Turns/Point (VII.C) [P]

Standard: ± 100 ft, const radius

Notes: _____

Solo Practice 0.5-1.0 [S]

Standard: Self-evaluation

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 15: Navigation Intro

Estimated Time: 1.5 hours

KEY TOPICS:

- Pilotage & DR
- Chart reading
- Flight planning
- Diversions

MANEUVERS:

Nav Flight Local (VI.A) [D]

Standard: $\pm 10^\circ$, ± 150 ft

Notes: _____

Pilotage & DR [D]

Standard: Checkpoint ID, ETA ± 5

Notes: _____

Diversion (VI.B) [D]

Standard: Accurate course/ETA

Notes: _____

Pattern Work [P]

Standard: Maintain proficiency

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 16: X-C Planning

Estimated Time: 1.5 hours

KEY TOPICS:

- X-C flight plan
- Weather briefing
- Fuel planning
- W&B for X-C

MANEUVERS:

Dual X-C >25nm [P]

Standard: ± 150 ft, $\pm 10^\circ$

Notes: _____

Pilotage & DR (VI.A) [P]

Standard: ETA ± 5 min

Notes: _____

Diversion (VI.B) [P]

Standard: Accurate heading/ETA

Notes: _____

Unfamiliar Airport [P]

Standard: Proper procedures

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 17: Adv Maneuvers / Test Prep

Estimated Time: 1.5 hours

KEY TOPICS:

- Knowledge test prep
- Target: within 1 week
- Review all maneuvers
- PTS review

MANEUVERS:

Slow Flight (IV.A) [P]

Standard: ± 100 ft, ± 10 kts

Notes: _____

Stalls (IV.B, IV.C) [P]

Standard: Consistent recov

Notes: _____

Steep Turns (III.E) [P]

Standard: ± 150 ft, $\pm 15^\circ$

Notes: _____

Ground Ref Review [P]

Standard: ± 100 ft altitude

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 18: Solo / Maneuvers Review

Estimated Time: 1.5 hours

KEY TOPICS:

- Knowledge test done
- Solo X-C prep begins
- Self-evaluation
- Test debrief

MANEUVERS:

All Maneuvers Review [P]

Standard: Consistent all

Notes: _____

Solo Practice 0.5-1.0 [S]

Standard: Self-critique

Notes: _____

X-C Prep [P]

Standard: Planning skills

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 19: Solo X-C Prep

Estimated Time: 1.5 hours

KEY TOPICS:

- Solo X-C planning
- >75nm total
- Weather planning
- Emergency planning

MANEUVERS:

Dual X-C (sim route) [P]

Standard: ± 150 ft, $\pm 10^\circ$

Notes: _____

Pilotage & DR (VI.A) [P]

Standard: ETA ± 5 min

Notes: _____

Diversion (VI.B) [P]

Standard: Prompt decision

Notes: _____

Multiple Airports [P]

Standard: Safe operations

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 20: SOLO CROSS-COUNTRY

Estimated Time: 2.5 hours

KEY TOPICS:

- SOLO X-C FLIGHT
- >75nm total
- 2 airport landings
- Solo X-C endorse

MANEUVERS:

Solo X-C Complete [S]

Standard: Complete route

Notes: _____

Nav $\pm 10^\circ$ [S]

Standard: ETA ± 5 min

Notes: _____

Safe Operations [S]

Standard: Good decisions

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 21: Checkride Prep - Maneuvers

Estimated Time: 1.5 hours

KEY TOPICS:

- PTS review complete
- Oral exam topics
- Special emphasis
- Common errors

MANEUVERS:

All Maneuvers PTS [CR]

Standard: Meet/exceed PTS

Notes: _____

Steep Turns [CR]

Standard: ± 100 ft, $\pm 10^\circ$

Notes: _____

Stalls [CR]

Standard: Min alt loss, $\pm 10^\circ$

Notes: _____

Ground Reference [CR]

Standard: ± 100 ft, proper corr

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 22: Checkride Prep - T/O-Ldg

Estimated Time: 1.5 hours

KEY TOPICS:

- All T/O & landings
- Emergency procedures
- Systems malfunctions
- Oral exam prep

MANEUVERS:

Normal/Xwind T/O-Ldg [CR]

Standard: Consistent PTS

Notes: _____

Short-Field T/O-Ldg [CR]

Standard: Max performance

Notes: _____

Go-Around (X.D) [CR]

Standard: Timely decision

Notes: _____

Emergency (V.A, V.B) [CR]

Standard: Proper procedures

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 23: Pre-Checkride Stage Prep

Estimated Time: 1.5 hours

KEY TOPICS:

- Comprehensive review
- Mock oral exam
- All systems
- Stage check prep

MANEUVERS:

Complete Flight [CR]

Standard: Start to finish

Notes: _____

Simulated Checkride [CR]

Standard: All PTS Areas I-XI

Notes: _____

Professional Ops [CR]

Standard: Checkride ready

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 24: PRE-CHECKRIDE STAGE

Estimated Time: 2.0 hours

KEY TOPICS:

- STAGE CHECK
- Different CFI/DPE
- Comprehensive oral
- Full PTS profile

MANEUVERS:

Complete Test Profile [CR]

Standard: All PTS I-XI

Notes: _____

Oral + Flight [CR]

Standard: Meet/exceed PTS

Notes: _____

Good ADM [CR]

Standard: Professional

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____

Date: _____ T/O: _____ Ldg: _____ # Ldgs: _____

FLIGHT 25: Final Polish

Estimated Time: 1.5 hours

KEY TOPICS:

- Stage feedback items
- Checkride day prep
- Required documents
- Confidence building

MANEUVERS:

Any Areas for Polish [CR]

Standard: Confident & smooth

Notes: _____

Final Pattern Session [CR]

Standard: Professional ops

Notes: _____

YOU ARE READY! [CR]

Standard: Go pass checkride!

Notes: _____

[D]=Demo [P]=Practice [CR]=Checkride Ready [S]=Solo

CHAPS: C-Clear H-Height A-Airspeed P-Position S-Security

GENERAL NOTES / DEBRIEF:

CFI Signature: _____