

DATE / /	NAVIGATION LOG CROSS-COUNTRY FLIGHT						
	AIRCRAFT	CREW		W/V /	FL 0°C	BLOCK-OFF :	
EET/DIST /	FOB	ENDR :	SUNSET :		REG QNH	TAKE-OFF :	
WAYPOINTS	ALT/FL	MT	TAS	DIST	ETE	ETA	FUEL PLANNED
	TERRAIN ELEV/MSA	MH	GS			ATA	FUEL REMAIN
NOTES/ATIS/CLEARANCE						LANDING :	
						BLOCK-ON :	
DEP/DEST/ALTN/EMERGENCY ADs							
AD	FREQ (COM/NAV)	CIRCUIT ALT	CIRCUIT	RWY	TODA	ELEV	QNH
PRAHA INFO 126,100 (W), 136,175 (E), 136,275 (MORAVIA) BRNO RADAR 127,350 OSTRAVA RADAR 119,375 VOLMET 125,525 (CZ), 128,605 LKPR ATIS 122,160 LKTB ATIS 131,105 LKBE RADIO 118,005, ATIS 134,835, F AIR GROUND 121,650							