AIRCRAFT_____ PILOT_____ DATE_____

FROM_____ TO_____

PROTEUS
AIR SERVICES

DEPARTURE ATIS

ARRIVAL ATIS

FREQUENCIES	MHZ

FREQUENCIES	MHZ

CHECKPOINT
DEPART

IDENT / FREQ	IDENT / FREQ	ALT	WIND DIR/VEL / TEMP	TAS	GS / ACT GS	T.C ±WCA	T.H ±VAR	M.H ±DEV	CH	DISTANCE LEG	DISTANCE REM	ETE / ATE	ETA / ATA	FUEL START / USE	FUEL REM