

Personal Proficiency Practice Plan

Pilot's Name: _____ CFI: _____
Date: _____ Review Date: _____

VFR Flight Profile – Every 4-6 Weeks:

Preflight (include 3-P Risk Management Process)

Normal taxi, takeoff, departure to practice area.

CHAPS (before each maneuver):

Clear the area

Heading established & noted

Altitude established (at least 3,000 AGL)

Position near a suitable emergency landing area

Set power and aircraft configuration

Steep turns (both directions), maintaining altitude within 100' and
airspeed within 10 knots.

Power-off stalls (approach to landing) & recovery.

Power-on stalls (takeoff/departure) & recovery.

Ground reference maneuvers.

Pattern practice:

Normal landing (full flaps)

Short-field takeoff and landing over a 50' obstacle

Soft-field takeoff and landing

Secure the aircraft.

Review your performance.

Schedule next proficiency flight.