

Power & Attitude Worksheet

(Fill in the blanks & draw position of donut on pitch scale)

Transition Points

Airspeed:

Altitude:

Airspeed:

Power

Attitude

Airspeed

VSI

Enroute Descent:

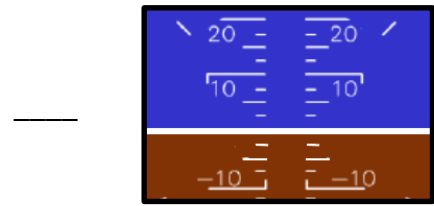
Terminal Descent:

Controls

Power

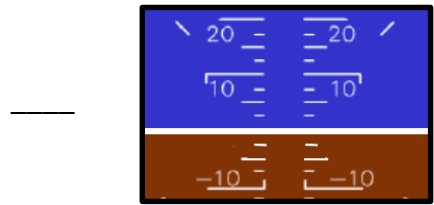
Attitude

Performance



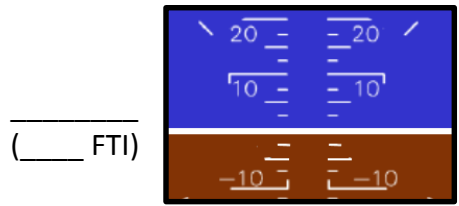
Cruise Climb
180 KIAS/clean

___ NH



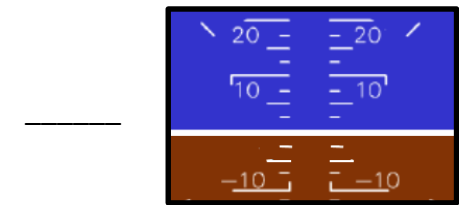
Max Rate Climb
140 KIAS/clean

___ NH



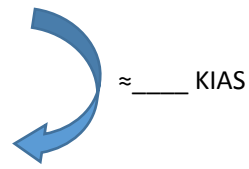
Normal Cruise
200 KIAS/clean

___ NH



Slow Cruise/Holding
150 KIAS/clean

___ NH (___ FTI)

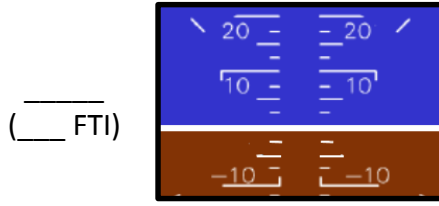


Controls

Power

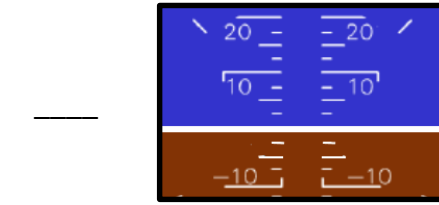
Attitude

Performance



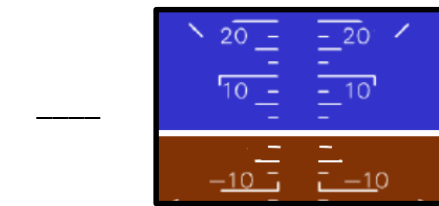
Basic App Config (BAC)
120 KIAS/Gear ↓/Flaps TO

___ NH (___ FTI)



Precision App Final
(ILS/PAR)
600 FPM descent/BAC

___ NH



Non Precision App Final
(LOC, VOR, GPS, ASR)
1000 FPM descent/BAC

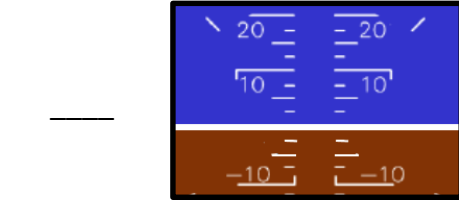
___ NL (___ FTI)

Controls

Power

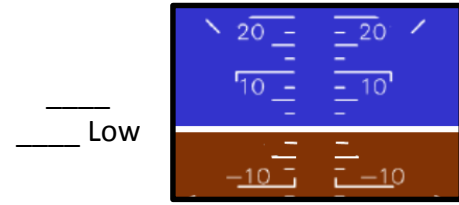
Attitude

Performance



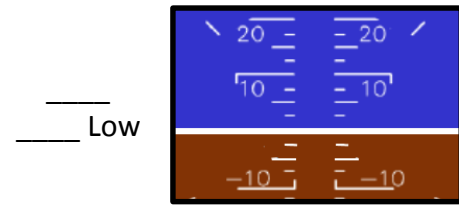
S1 ↓
150 KIAS/clean

___ NL



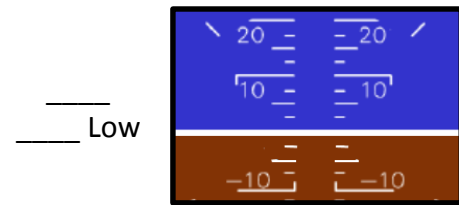
S1 ↑
150 KIAS/clean

___ NH (___ FTI)



45° Steep Turn
150 KIAS/clean

___ NH



60° Steep Turn
150 KIAS/clean

___ NH (___ FTI)