

# CISS Private Pilot Flight Training Activity Log

Name: \_\_\_\_\_

Tasks are flown following the Student Guide Lesson Plan adjusted as required for weather and other conditions. The Instructor will initial each activity when first demonstrated, when practiced until proficiency is achieved, and when Solo Proficiency is demonstrated by the student. Each Lesson Session should be checked in the lower Session Initiated boxes and the top numbered box checked when the lesson is completed. The cumulative number of flights should be circled.

<b>Lesson</b>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
<b>Session Initiated</b>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Lesson</b>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	

# of Flights: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37  
38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71

Task	Instructor Demonstration	Student Practice	Solo Proficiency
Pre-Flight Preparation	_____	_____	_____
Flying Area Orientation	_____	_____	_____
Collision Avoidance – Clearing	_____	_____	_____
Attitude Control of Airspeed	_____	_____	_____
Straight and Level Flight	_____	_____	_____
<b>Flight at Various Airspeeds</b>			
Best L/D and Min Sink	_____	_____	_____
Speed to Fly	_____	_____	_____
Minimum Controllable Airspeed	_____	_____	_____
<b>Turns</b>			
Turns Right and Left	_____	_____	_____
Turns to Headings	_____	_____	_____
Coordination Exercises	_____	_____	_____
Shallow-Medium-Steep Turns	_____	_____	_____
Spirals and Recovery	_____	_____	_____
Thermaling	_____	_____	_____
<b>Stalls</b>			
Straight Ahead	_____	_____	_____
Accelerated	_____	_____	_____
X Control	_____	_____	_____
Benign Spiral and Spiral Recovery	_____	_____	_____

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Task	Instructor Demonstration	Student Practice	Solo Proficiency
<b><u>Takeoff and Aero Tow</u></b>			
Normal Takeoff	_____	_____	_____
X-wind Takeoff	_____	_____	_____
Unassisted Takeoff	_____	_____	_____
Normal High Tow	_____	_____	_____
Slack Line Recovery	_____	_____	_____
Low Tow	_____	_____	_____
Box Wake	_____	_____	_____
Clearing and Release	_____	_____	_____
<b><u>Landing Approach</u></b>			
IP Approach	_____	_____	_____
Other Approach-Right Hand, Traffic Conflict	_____	_____	_____
X-Wind Crab and Pattern Adjustments	_____	_____	_____
TLAR	_____	_____	_____
Off Field simulated-Covered Altimeter	_____	_____	_____
Full Spoilers / No Spoilers	_____	_____	_____
Forward Slips / Side Slips	_____	_____	_____
<b><u>Landings</u></b>			
Landings Flare and Aiming points	_____	_____	_____
X-wind Landings	_____	_____	_____
Down Wind Landings	_____	_____	_____
Accuracy Landings / Landing Short	_____	_____	_____
Stop within 200 ft of target	_____	_____	_____
<b><u>Simulated Emergencies</u></b>			
Rope Breaks	_____	_____	_____
Lost	_____	_____	_____
Low Altitude	_____	_____	_____
Airspeed Failure – Covered Airspeed	_____	_____	_____

**Other**

- Surface Operations -----  Completed Soaring Safety Foundation Wing Runner Course  Trained and Served as CISS Crew Member
- Assembly / Disassembly Procedures ----  Assist in Assembly / Disassembly of Private or Club Glider  Satisfactory oral Quiz by CISS Instructor