

PILOT**RULES**

Daily Training Syllabus

52-Week Undergraduate Pilot Training · all 364 days

DOCUMENT	REVISION	TRAINING DAYS
Daily Syllabus	2026-08	364
DUTY WINDOW	CREW REST	MAINTAINED BY
0600–1800	12 h minimum	Director of Training

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INTRO **How to read this syllabus**

The 52-week program defines what happens in a given week. This document expands that week into individual days, distributing the week's academic topics and flight sorties across Monday through Friday and applying the standard duty day.

Days are numbered **1 through 364** and are calendar-independent, so a class starting on any Monday uses the same day numbers. **Day 1 is Week 1, Monday.** Lessons are flown to proficiency rather than to a fixed clock, so a cadet who repeats a lesson slips the sequence rather than skipping content — see the **Training Procedures Manual** for repeat and remediation policy.

Day types

TYPE	WINDOW	DUTY HOURS	SHAPE OF THE DAY
Duty day (Mon–Fri)	0600–1800	12	Formation, PT, formal brief, academics, flight or sim, debrief, study hall, formal release
Saturday	0600–1200	6	PT then a single primary wave — cross-country and long-profile sorties
Sunday	No scheduled duty	0	Recovery, 1900 gear and uniform inspection, 2000 detail sheet posted

Weekday variants

The scheduler selects a variant from the week's milestones, so the shape of the day matches what the week is actually trying to achieve.

VARIANT	TRIGGERED BY	EFFECT ON THE DAY
Standard	Ordinary training week	Balanced academics and a flight plus sim block
Ground-intensive	A written or knowledge test in the week	Academics extend through the afternoon; exam at 1500; flying becomes an optional 45-minute proficiency sortie
Flight-heavy	A checkride or practical test in the week	Academics compress to oral prep and chair-flying; flight blocks extend 1200–1630; mock oral until 1800
Stage check	A stage check in the week	Check instructor administers the oral at 0945 and the flight at 1230; grade sheet and pass/repeat decision same day

LIMITATION

Crew rest is a minimum of

12 CONSECUTIVE HOURS

and is protected. No cadet may be scheduled for any event inside a crew rest period, and quiet hours begin at 2200. A cadet who has not had crew rest is not available for duty regardless of the schedule.

NOTE

Times are the planned template. Weather, aircraft availability, and checkride scheduling shift individual blocks. The 0600 formation, the 1745 end-of-day muster, and the 1800 formal release do not move.

SUMMARY

Program totals & phases

PROGRAM TOTALS

MEASURE	VALUE
Total weeks	52
Total training days	364
Duty days (Mon–Fri, 12 h)	260
Saturday half days (6 h)	52
Sunday liberty days	52
Scheduled duty hours	3432
Minimum crew rest	12 h

PHASES

PHASE	TITLE	WEEKS	CERTIFICATE / OUTCOME
Transition	Transition & indoctrination	1–2	—
Phase I	Academics & pre-flight	3–8	Private Pilot (ground)
Phase II	Primary — contact, instruments, navigation	9–32	PPL · IR · CPL
Phase III	Advanced — multi-engine & instructor	33–44	AMEL · CFI · CFII
Phase III → FTU	FTU transition & graduation	45–52	MEI (opt.) · ATP-CTP · ATP

WEEK 1

Reporting & standards week

Transition — Transition & indoctrination · Target: —

MILESTONES

In-processing · Gear inspection · Medical & student pilot cert start

GATES DUE

Medical & student pilot certificate

Day 1 · Wk 1 Mon Reporting & standards week

TRANSITION

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

In-processing · Gear inspection · Medical & student pilot cert start

GATE DUE THIS WEEK

Medical & student pilot certificate

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Program rules, 19 Rules, regs overview, airport ops, English screening	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Program rules, 19 Rules, regs overview, airport ops, English screening	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Introductory sortie (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Introductory sortie (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

Introductory sortie (F-1) — four fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program rules, 19 Rules, regs overview, airport ops, English screening
- Fly or simulate to standard: Introductory sortie (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Introductory sortie (F-1) — four fundamentals; pre-read Program rules, 19 Rules, regs overview, airport ops, English screening; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 2 · Wk 1 Tue Reporting & standards week**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Program rules, 19 Rules, regs overview, airport ops, English screening	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Program rules, 19 Rules, regs overview, airport ops, English screening	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — no solo	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — no solo	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

no solo

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Program rules, 19 Rules, regs overview, airport ops, English screening
- Fly or simulate to standard: no solo
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly no solo; pre-read Program rules, 19 Rules, regs overview, airport ops, English screening; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 3 · Wk 1 Wed Reporting & standards week**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Program rules, 19 Rules, regs overview, airport ops, English screening	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Program rules, 19 Rules, regs overview, airport ops, English screening	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Introductory sortie (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Introductory sortie (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

Introductory sortie (F-1) — four fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program rules, 19 Rules, regs overview, airport ops, English screening
- Fly or simulate to standard: Introductory sortie (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Introductory sortie (F-1) — four fundamentals; pre-read Program rules, 19 Rules, regs overview, airport ops, English screening; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 4 · Wk 1 Thu Reporting & standards week**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Program rules, 19 Rules, regs overview, airport ops, English screening	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Program rules, 19 Rules, regs overview, airport ops, English screening	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — no solo	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — no solo	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

no solo

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Program rules, 19 Rules, regs overview, airport ops, English screening
- Fly or simulate to standard: no solo
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly no solo; pre-read Program rules, 19 Rules, regs overview, airport ops, English screening; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 5 · Wk 1 Fri Reporting & standards week**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Program rules, 19 Rules, regs overview, airport ops, English screening	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Program rules, 19 Rules, regs overview, airport ops, English screening	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Introductory sortie (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Introductory sortie (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

Introductory sortie (F-1) — four fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program rules, 19 Rules, regs overview, airport ops, English screening
- Fly or simulate to standard: Introductory sortie (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Introductory sortie (F-1) — four fundamentals; pre-read Program rules, 19 Rules, regs overview, airport ops, English screening; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 6 · Wk 1 Sat Reporting & standards week

TRANSITION

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — no solo	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

FLIGHT

no solo

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: no solo
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 7 · Wk 1 Sun Reporting & standards week**TRANSITION**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Program rules, 19 Rules, regs overview, airport ops, English screening

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

WEEK 2 **Screening & go/no-go**

Transition — Transition & indoctrination · Target: —

MILESTONES

Foreign-student clearance gate (if applicable) · Class photo / flight assignment

GATES DUE

PT entry standards met · TSA / SEVIS clearance (foreign nationals)

Day 8 · Wk 2 Mon Screening & go/no-go**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

Foreign-student clearance gate (if applicable) · Class photo / flight assignment

GATE DUE THIS WEEK

PT entry standards met · TSA / SEVIS clearance (foreign nationals)

HOOR BY HOOR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerodynamics I, weather intro, chart reading, personal minimums	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerodynamics I, weather intro, chart reading, personal minimums	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-2 slow flight & stalls	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-2 slow flight & stalls	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-2 slow flight & stalls

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Aerodynamics I, weather intro, chart reading, personal minimums
- Fly or simulate to standard: F-2 slow flight & stalls
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-2 slow flight & stalls; pre-read Aerodynamics I, weather intro, chart reading, personal minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 9 · Wk 2 Tue Screening & go/no-go**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerodynamics I, weather intro, chart reading, personal minimums	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerodynamics I, weather intro, chart reading, personal minimums	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-3 ground reference intro	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-3 ground reference intro	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-3 ground reference intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Aerodynamics I, weather intro, chart reading, personal minimums
- Fly or simulate to standard: F-3 ground reference intro
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-3 ground reference intro; pre-read Aerodynamics I, weather intro, chart reading, personal minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 10 · Wk 2 Wed Screening & go/no-go**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerodynamics I, weather intro, chart reading, personal minimums	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerodynamics I, weather intro, chart reading, personal minimums	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-2 slow flight & stalls	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-2 slow flight & stalls	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-2 slow flight & stalls

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Aerodynamics I, weather intro, chart reading, personal minimums
- Fly or simulate to standard: F-2 slow flight & stalls
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-2 slow flight & stalls; pre-read Aerodynamics I, weather intro, chart reading, personal minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 11 · Wk 2 Thu Screening & go/no-go**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerodynamics I, weather intro, chart reading, personal minimums	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerodynamics I, weather intro, chart reading, personal minimums	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-3 ground reference intro	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-3 ground reference intro	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-3 ground reference intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Aerodynamics I, weather intro, chart reading, personal minimums
- Fly or simulate to standard: F-3 ground reference intro
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-3 ground reference intro; pre-read Aerodynamics I, weather intro, chart reading, personal minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 12 · Wk 2 Fri Screening & go/no-go**TRANSITION**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerodynamics I, weather intro, chart reading, personal minimums	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerodynamics I, weather intro, chart reading, personal minimums	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-2 slow flight & stalls	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-2 slow flight & stalls	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-2 slow flight & stalls

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Aerodynamics I, weather intro, chart reading, personal minimums
- Fly or simulate to standard: F-2 slow flight & stalls
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-2 slow flight & stalls; pre-read Aerodynamics I, weather intro, chart reading, personal minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 13 · Wk 2 Sat Screening & go/no-go**TRANSITION**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — F-3 ground reference intro	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Aerodynamics I, weather intro, chart reading, personal minimums

FLIGHT

F-3 ground reference intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: F-3 ground reference intro
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

Day 14 · Wk 2 Sun Screening & go/no-go

TRANSITION

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Aerodynamics I, weather intro, chart reading, personal minimums

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-25 Pilot's Handbook of Aeronautical Knowledge (PHAK)
- 14 CFR Part 61 · Part 141 Appendix B
- PilotRules Cadet Handbook · General Operations Manual

WEEK 3 **Aerospace physiology & airport ops**

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Phase I start ceremony · OSS scheduling in-processing

Day 15 · Wk 3 Mon Aerospace physiology & airport ops

PHASE I

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

Phase I start ceremony · OSS scheduling in-processing

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerospace physiology analog + test	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — airport ops	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Dollar ride (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Dollar ride (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — CBT / computer lab — POH familiarization	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerospace physiology analog + test

FLIGHT

Dollar ride (F-1) — four fundamentals

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Aerospace physiology analog + test
- Fly or simulate to standard: Dollar ride (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Dollar ride (F-1) — four fundamentals; pre-read airport ops; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 16 · Wk 3 Tue **Aerospace physiology & airport ops**

PHASE I

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — airport ops	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — 14 STUS Phase I start — OSS owns scheduling	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — no solo	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — no solo	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — CBT / computer lab — POH familiarization	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

airport ops

FLIGHT

no solo

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: airport ops

- Fly or simulate to standard: no solo
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly no solo; pre-read 14 STUS Phase I start — OSS owns scheduling; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 17 · Wk 3 Wed Aerospace physiology & airport ops**PHASE I**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — 14 STUS Phase I start — OSS owns scheduling	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Aerospace physiology analog + test	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Dollar ride (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Dollar ride (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — CBT / computer lab — POH familiarization	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

14 STUS Phase I start — OSS owns scheduling

FLIGHT

Dollar ride (F-1) — four fundamentals

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: 14 STUS Phase I start — OSS owns scheduling

- Fly or simulate to standard: Dollar ride (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Dollar ride (F-1) — four fundamentals; pre-read Aerospace physiology analog + test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 18 · Wk 3 Thu Aerospace physiology & airport ops**PHASE I**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aerospace physiology analog + test	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — airport ops	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — no solo	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — no solo	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — CBT / computer lab — POH familiarization	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aerospace physiology analog + test

FLIGHT

no solo

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Aerospace physiology analog + test
- Fly or simulate to standard: no solo

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly no solo; pre-read airport ops; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 19 · Wk 3 Fri Aerospace physiology & airport ops**PHASE I**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — airport ops	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — 14 STUS Phase I start — OSS owns scheduling	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Dollar ride (F-1) — four fundamentals	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Dollar ride (F-1) — four fundamentals	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — CBT / computer lab — POH familiarization	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

airport ops

FLIGHT

Dollar ride (F-1) — four fundamentals

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: airport ops
- Fly or simulate to standard: Dollar ride (F-1) — four fundamentals
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Dollar ride (F-1) — four fundamentals; pre-read 14 STUS Phase I start — OSS owns scheduling; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 20 · Wk 3 Sat Aerospace physiology & airport ops**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — no solo	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

14 STUS Phase I start — OSS owns scheduling

FLIGHT

no solo

SIM / FTD

CBT / computer lab — POH familiarization

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: no solo
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 21 · Wk 3 Sun Aerospace physiology & airport ops

PHASE I

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Aerospace physiology analog + test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 4 **Aircraft systems**

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Aircraft systems exam

Day 22 · Wk 4 Mon Aircraft systems

PHASE I

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Aircraft systems exam

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — 172/T-6-analog systems class + weekly exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — performance & W&B	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — performance & W&B	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-2 slow flight & stalls intro (dual only)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

172/T-6-analog systems class + weekly exam

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

Systems CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: 172/T-6-analog systems class + weekly exam
- Fly or simulate to standard: F-2 slow flight & stalls intro (dual only)
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-2 slow flight & stalls intro (dual only); pre-read performance & W&B; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 23 · Wk 4 Tue Aircraft systems**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMS, EP of the day — cadet briefs, IP corrects
0800	Academics I — performance & W&B	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — 172/T-6-analog systems class + weekly exam	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — 172/T-6-analog systems class + weekly exam	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-2 slow flight & stalls intro (dual only)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

performance & W&B

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

chair-fly lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: performance & W&B
- Fly or simulate to standard: F-2 slow flight & stalls intro (dual only)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-2 slow flight & stalls intro (dual only); pre-read 172/T-6-analog systems class + weekly exam; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 24 · Wk 4 Wed Aircraft systems**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMS, EP of the day — cadet briefs, IP corrects
0800	Academics I — 172/T-6-analog systems class + weekly exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — performance & W&B	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — performance & W&B	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-2 slow flight & stalls intro (dual only)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

172/T-6-analog systems class + weekly exam

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

Systems CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: 172/T-6-analog systems class + weekly exam
- Fly or simulate to standard: F-2 slow flight & stalls intro (dual only)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-2 slow flight & stalls intro (dual only); pre-read performance & W&B; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 25 · Wk 4 Thu Aircraft systems**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMS, EP of the day — cadet briefs, IP corrects
0800	Academics I — performance & W&B	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — 172/T-6-analog systems class + weekly exam	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — 172/T-6-analog systems class + weekly exam	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-2 slow flight & stalls intro (dual only)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

performance & W&B

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

chair-fly lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: performance & W&B
- Fly or simulate to standard: F-2 slow flight & stalls intro (dual only)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-2 slow flight & stalls intro (dual only); pre-read 172/T-6-analog systems class + weekly exam; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 26 · Wk 4 Fri Aircraft systems**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMS, EP of the day — cadet briefs, IP corrects
0800	Academics I — 172/T-6-analog systems class + weekly exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — performance & W&B	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — performance & W&B	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-2 slow flight & stalls intro (dual only)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

172/T-6-analog systems class + weekly exam

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

Systems CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: 172/T-6-analog systems class + weekly exam
- Fly or simulate to standard: F-2 slow flight & stalls intro (dual only)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-2 slow flight & stalls intro (dual only); pre-read performance & W&B; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 27 · Wk 4 Sat Aircraft systems**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — F-2 slow flight & stalls intro (dual only)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

performance & W&B

FLIGHT

F-2 slow flight & stalls intro (dual only)

SIM / FTD

chair-fly lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: F-2 slow flight & stalls intro (dual only)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 28 · Wk 4 Sun Aircraft systems**PHASE I**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

172/T-6-analog systems class + weekly exam

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 5 **Basic instruments (ground)**

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Basic instruments exam · Presolo knowledge test prep

Day 29 · Wk 5 Mon Basic instruments (ground)

PHASE I

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Basic instruments exam · Presolo knowledge test prep

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Basic instruments class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR chart intro	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR chart intro	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-3 ground reference	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Basic instruments class + test

FLIGHT

F-3 ground reference

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Basic instruments class + test
- Fly or simulate to standard: F-3 ground reference
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-3 ground reference; pre-read IFR chart intro; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 30 · Wk 5 Tue Basic instruments (ground)**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR chart intro	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — PPKT intensive	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — PPKT intensive	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — pattern theory sorties	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR chart intro

FLIGHT

pattern theory sorties

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: IFR chart intro
- Fly or simulate to standard: pattern theory sorties
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly pattern theory sorties; pre-read PPKT intensive; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 31 · Wk 5 Wed Basic instruments (ground)**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — PPKT intensive	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Basic instruments class + test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Basic instruments class + test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-3 ground reference	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

PPKT intensive

FLIGHT

F-3 ground reference

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: PPKT intensive
- Fly or simulate to standard: F-3 ground reference
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-3 ground reference; pre-read Basic instruments class + test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 32 · Wk 5 Thu Basic instruments (ground)**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Basic instruments class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR chart intro	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR chart intro	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — pattern theory sorties	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Basic instruments class + test

FLIGHT

pattern theory sorties

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Basic instruments class + test
- Fly or simulate to standard: pattern theory sorties
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly pattern theory sorties; pre-read IFR chart intro; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 33 · Wk 5 Fri Basic instruments (ground)**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR chart intro	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — PPKT intensive	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — PPKT intensive	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-3 ground reference	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR chart intro

FLIGHT

F-3 ground reference

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR chart intro
- Fly or simulate to standard: F-3 ground reference
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-3 ground reference; pre-read PPKT intensive; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 34 · Wk 5 Sat Basic instruments (ground)**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — pattern theory sorties	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

PPKT intensive

FLIGHT

pattern theory sorties

SIM / FTD

Instrument scan CBT

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: pattern theory sorties
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 35 · Wk 5 Sun Basic instruments (ground)**PHASE I**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Basic instruments class + test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 6

Mission planning & navigation

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Mission planning exam

Day 36 · Wk 6 Mon Mission planning & navigation**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Mission planning exam

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mission planning / nav class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — aviation weather I	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — aviation weather I	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-4 pattern & landings	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mission planning / nav class + test

FLIGHT

F-4 pattern & landings

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mission planning / nav class + test
- Fly or simulate to standard: F-4 pattern & landings
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-4 pattern & landings; pre-read aviation weather I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 37 · Wk 6 Tue Mission planning & navigation**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — aviation weather I	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mission planning / nav class + test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mission planning / nav class + test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — presolo maneuvers intro	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

aviation weather I

FLIGHT

presolo maneuvers intro

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: aviation weather I
- Fly or simulate to standard: presolo maneuvers intro
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly presolo maneuvers intro; pre-read Mission planning / nav class + test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 38 · Wk 6 Wed Mission planning & navigation**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mission planning / nav class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — aviation weather I	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — aviation weather I	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-4 pattern & landings	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mission planning / nav class + test

FLIGHT

F-4 pattern & landings

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mission planning / nav class + test
- Fly or simulate to standard: F-4 pattern & landings
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-4 pattern & landings; pre-read aviation weather I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 39 · Wk 6 Thu Mission planning & navigation**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — aviation weather I	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mission planning / nav class + test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mission planning / nav class + test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — presolo maneuvers intro	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

aviation weather I

FLIGHT

presolo maneuvers intro

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: aviation weather I
- Fly or simulate to standard: presolo maneuvers intro
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly presolo maneuvers intro; pre-read Mission planning / nav class + test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 40 · Wk 6 Fri Mission planning & navigation**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mission planning / nav class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — aviation weather I	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — aviation weather I	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-4 pattern & landings	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mission planning / nav class + test

FLIGHT

F-4 pattern & landings

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mission planning / nav class + test
- Fly or simulate to standard: F-4 pattern & landings
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-4 pattern & landings; pre-read aviation weather I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 41 · Wk 6 Sat Mission planning & navigation**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — presolo maneuvers intro	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

aviation weather I

FLIGHT

presolo maneuvers intro

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: presolo maneuvers intro
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 42 · Wk 6 Sun Mission planning & navigation

PHASE I

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Mission planning / nav class + test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 7

Aviation weather & regs

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Weather exam · PPKT scheduled

Day 43 · Wk 7 Mon Aviation weather & regs**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Weather exam · PPKT scheduled

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aviation weather class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FAR overview	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FAR overview	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-5 crosswind & go-around	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aviation weather class + test

FLIGHT

F-5 crosswind & go-around

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Aviation weather class + test
- Fly or simulate to standard: F-5 crosswind & go-around
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-5 crosswind & go-around; pre-read FAR overview; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 44 · Wk 7 Tue Aviation weather & regs**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FAR overview	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — risk management	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — risk management	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-6 presolo maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FAR overview

FLIGHT

F-6 presolo maneuvers

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: FAR overview
- Fly or simulate to standard: F-6 presolo maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-6 presolo maneuvers; pre-read risk management; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 45 · Wk 7 Wed Aviation weather & regs**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — risk management	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Aviation weather class + test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Aviation weather class + test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-5 crosswind & go-around	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

risk management

FLIGHT

F-5 crosswind & go-around

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: risk management
- Fly or simulate to standard: F-5 crosswind & go-around
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-5 crosswind & go-around; pre-read Aviation weather class + test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 46 · Wk 7 Thu Aviation weather & regs**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Aviation weather class + test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FAR overview	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FAR overview	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-6 presolo maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Aviation weather class + test

FLIGHT

F-6 presolo maneuvers

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Aviation weather class + test
- Fly or simulate to standard: F-6 presolo maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-6 presolo maneuvers; pre-read FAR overview; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 47 · Wk 7 Fri Aviation weather & regs**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FAR overview	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — risk management	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — risk management	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-5 crosswind & go-around	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FAR overview

FLIGHT

F-5 crosswind & go-around

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: FAR overview
- Fly or simulate to standard: F-5 crosswind & go-around
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-5 crosswind & go-around; pre-read risk management; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1-4

Day 48 · Wk 7 Sat Aviation weather & regs**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — F-6 presolo maneuvers	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

risk management

FLIGHT

F-6 presolo maneuvers

SIM / FTD

Weather CBT / METAR-TAF lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: F-6 presolo maneuvers
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 49 · Wk 7 Sun Aviation weather & regs**PHASE I**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Aviation weather class + test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 8 **Phase I end-of-course**

Phase I — Academics & pre-flight · Target: Private Pilot (ground)

MILESTONES

Phase I graduation · Flight room assignment · Presolo stage check

GATES DUE

Presolo stage check · Phase I academics complete

Day 50 · Wk 8 Mon Phase I end-of-course

PHASE I

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Phase I graduation · Flight room assignment · Presolo stage check

GATE DUE THIS WEEK

Presolo stage check · Phase I academics complete

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Phase I comprehensive exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — formal brief & stand-up training	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — formal brief & stand-up training	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-7 presolo review	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Phase I comprehensive exam

FLIGHT

F-7 presolo review

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Phase I comprehensive exam

- Fly or simulate to standard: F-7 presolo review
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-7 presolo review; pre-read formal brief & stand-up training; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 51 · Wk 8 Tue Phase I end-of-course**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — formal brief & stand-up training	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Phase I comprehensive exam	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Phase I comprehensive exam	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — presolo stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

formal brief & stand-up training

FLIGHT

presolo stage check

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: formal brief & stand-up training
- Fly or simulate to standard: presolo stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly presolo stage check; pre-read Phase I comprehensive exam; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 52 · Wk 8 Wed Phase I end-of-course**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Phase I comprehensive exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — formal brief & stand-up training	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — formal brief & stand-up training	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-7 presolo review	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Phase I comprehensive exam

FLIGHT

F-7 presolo review

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Phase I comprehensive exam
- Fly or simulate to standard: F-7 presolo review
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-7 presolo review; pre-read formal brief & stand-up training; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 53 · Wk 8 Thu Phase I end-of-course**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — formal brief & stand-up training	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Phase I comprehensive exam	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Phase I comprehensive exam	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — presolo stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

formal brief & stand-up training

FLIGHT

presolo stage check

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: formal brief & stand-up training
- Fly or simulate to standard: presolo stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly presolo stage check; pre-read Phase I comprehensive exam; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 54 · Wk 8 Fri Phase I end-of-course**PHASE I**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Phase I comprehensive exam	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — formal brief & stand-up training	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — formal brief & stand-up training	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-7 presolo review	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Phase I comprehensive exam

FLIGHT

F-7 presolo review

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Phase I comprehensive exam
- Fly or simulate to standard: F-7 presolo review
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-7 presolo review; pre-read formal brief & stand-up training; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 55 · Wk 8 Sat Phase I end-of-course**PHASE I**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — presolo stage check	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

formal brief & stand-up training

FLIGHT

presolo stage check

SIM / FTD

Stand-up / EP-of-the-day lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: presolo stage check
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

Day 56 · Wk 8 Sun Phase I end-of-course**PHASE I**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Phase I comprehensive exam

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-25 PHAK
- FAA-H-8083-3 Airplane Flying Handbook (AFH)
- FAA-H-8083-1 Weight & Balance Handbook
- AC 00-6 Aviation Weather · AC 00-45 Aviation Weather Services
- Cessna 172 POH Sections 1–4

WEEK 9 **Primary flight line — first solo**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Phase II start — primary (T-6 analog) · First solo ceremony · PPKT passed

GATES DUE

Private Pilot knowledge test (PPKT) · First solo

Day 57 · Wk 9 Mon Primary flight line — first solo**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Phase II start — primary (T-6 analog) · First solo ceremony · PPKT passed

GATE DUE THIS WEEK

Private Pilot knowledge test (PPKT) · First solo

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — PPKT completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — solo regulations §61.87	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — solo regulations §61.87	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-8 first solo (+ solos as weather allows)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

PPKT completion

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: PPKT completion
- Fly or simulate to standard: F-8 first solo (+ solos as weather allows)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-8 first solo (+ solos as weather allows); pre-read solo regulations §61.87; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 58 · Wk 9 Tue Primary flight line — first solo**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — solo regulations §61.87	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — PPKT completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — PPKT completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-8 first solo (+ solos as weather allows)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

solo regulations §61.87

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: solo regulations §61.87
- Fly or simulate to standard: F-8 first solo (+ solos as weather allows)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-8 first solo (+ solos as weather allows); pre-read PPKT completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 59 · Wk 9 Wed Primary flight line — first solo**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — PPKT completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — solo regulations §61.87	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — solo regulations §61.87	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-8 first solo (+ solos as weather allows)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

PPKT completion

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: PPKT completion
- Fly or simulate to standard: F-8 first solo (+ solos as weather allows)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-8 first solo (+ solos as weather allows); pre-read solo regulations §61.87; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 60 · Wk 9 Thu Primary flight line — first solo**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — solo regulations §61.87	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — PPKT completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — PPKT completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-8 first solo (+ solos as weather allows)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

solo regulations §61.87

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: solo regulations §61.87
- Fly or simulate to standard: F-8 first solo (+ solos as weather allows)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-8 first solo (+ solos as weather allows); pre-read PPKT completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 61 · Wk 9 Fri Primary flight line — first solo**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — PPKT completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — solo regulations §61.87	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — solo regulations §61.87	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — F-8 first solo (+ solos as weather allows)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

PPKT completion

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: PPKT completion
- Fly or simulate to standard: F-8 first solo (+ solos as weather allows)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly F-8 first solo (+ solos as weather allows); pre-read solo regulations §61.87; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 62 · Wk 9 Sat Primary flight line — first solo

PHASE II

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — F-8 first solo (+ solos as weather allows)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

solo regulations §61.87

FLIGHT

F-8 first solo (+ solos as weather allows)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: F-8 first solo (+ solos as weather allows)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 63 · Wk 9 Sun Primary flight line — first solo

PHASE II

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

PPKT completion

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 10**Solo consolidation**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Earn formal release consideration · Logbook audit

Day 64 · Wk 10 Mon Solo consolidation

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

Earn formal release consideration · Logbook audit

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Cross-country planning I	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Cross-country planning I	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Solo pattern & practice area	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Solo pattern & practice area	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

Solo pattern & practice area

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Cross-country planning I
- Fly or simulate to standard: Solo pattern & practice area
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Solo pattern & practice area; pre-read Cross-country planning I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 65 · Wk 10 Tue Solo consolidation**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Cross-country planning I	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Cross-country planning I	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — dual nav intro	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — dual nav intro	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

dual nav intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Cross-country planning I
- Fly or simulate to standard: dual nav intro
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly dual nav intro; pre-read Cross-country planning I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 66 · Wk 10 Wed Solo consolidation**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Cross-country planning I	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Cross-country planning I	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Solo pattern & practice area	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Solo pattern & practice area	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

Solo pattern & practice area

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Cross-country planning I
- Fly or simulate to standard: Solo pattern & practice area
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Solo pattern & practice area; pre-read Cross-country planning I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 67 · Wk 10 Thu Solo consolidation**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Cross-country planning I	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Cross-country planning I	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — dual nav intro	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — dual nav intro	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

dual nav intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Cross-country planning I
- Fly or simulate to standard: dual nav intro
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly dual nav intro; pre-read Cross-country planning I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 68 · Wk 10 Fri Solo consolidation**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Cross-country planning I	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Cross-country planning I	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Solo pattern & practice area	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Solo pattern & practice area	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

Solo pattern & practice area

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Cross-country planning I
- Fly or simulate to standard: Solo pattern & practice area
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Solo pattern & practice area; pre-read Cross-country planning I; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 69 · Wk 10 Sat Solo consolidation**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — dual nav intro	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Cross-country planning I

FLIGHT

dual nav intro

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: dual nav intro
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 70 · Wk 10 Sun Solo consolidation**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Cross-country planning I

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 11

Navigation dual

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 71 · Wk 11 Mon Navigation dual**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Nav log, pilotage, dead reckoning	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Nav log, pilotage, dead reckoning	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-9 pilotage & DR	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-9 pilotage & DR	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Nav log workshop	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-9 pilotage & DR

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Nav log, pilotage, dead reckoning
- Fly or simulate to standard: F-9 pilotage & DR
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-9 pilotage & DR; pre-read Nav log, pilotage, dead reckoning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 72 · Wk 11 Tue **Navigation dual**

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Nav log, pilotage, dead reckoning	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Nav log, pilotage, dead reckoning	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-10 dual XC (>50 nm)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-10 dual XC (>50 nm)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Nav log workshop	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-10 dual XC (>50 nm)

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Nav log, pilotage, dead reckoning
- Fly or simulate to standard: F-10 dual XC (>50 nm)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-10 dual XC (>50 nm); pre-read Nav log, pilotage, dead reckoning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 73 · Wk 11 Wed Navigation dual**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Nav log, pilotage, dead reckoning	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Nav log, pilotage, dead reckoning	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-9 pilotage & DR	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-9 pilotage & DR	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Nav log workshop	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-9 pilotage & DR

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Nav log, pilotage, dead reckoning
- Fly or simulate to standard: F-9 pilotage & DR
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-9 pilotage & DR; pre-read Nav log, pilotage, dead reckoning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 74 · Wk 11 Thu Navigation dual**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Nav log, pilotage, dead reckoning	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Nav log, pilotage, dead reckoning	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-10 dual XC (>50 nm)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-10 dual XC (>50 nm)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Nav log workshop	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-10 dual XC (>50 nm)

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Nav log, pilotage, dead reckoning
- Fly or simulate to standard: F-10 dual XC (>50 nm)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-10 dual XC (>50 nm); pre-read Nav log, pilotage, dead reckoning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 75 · Wk 11 Fri Navigation dual**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Nav log, pilotage, dead reckoning	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Nav log, pilotage, dead reckoning	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — F-9 pilotage & DR	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — F-9 pilotage & DR	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Nav log workshop	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-9 pilotage & DR

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Nav log, pilotage, dead reckoning
- Fly or simulate to standard: F-9 pilotage & DR
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly F-9 pilotage & DR; pre-read Nav log, pilotage, dead reckoning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 76 · Wk 11 Sat Navigation dual**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — F-10 dual XC (>50 nm)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

FLIGHT

F-10 dual XC (>50 nm)

SIM / FTD

Nav log workshop

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: F-10 dual XC (>50 nm)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 77 · Wk 11 Sun Navigation dual

PHASE II

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Nav log, pilotage, dead reckoning

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 12 **Private Pilot checkride**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Stage II stage check · Private Pilot checkride · Epaulet bar upgrade

GATES DUE

Stage II stage check (PPL) · Private Pilot checkride

Day 78 · Wk 12 Mon Private Pilot checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

Stage II stage check · Private Pilot checkride · Epaulet bar upgrade

GATE DUE THIS WEEK

Stage II stage check (PPL) · Private Pilot checkride

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — F-13 solo practice	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — F-13 solo practice	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — F-13 solo practice	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ACS review — all PPL areas

FLIGHT

F-13 solo practice

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ACS review — all PPL areas
- Fly or simulate to standard: F-13 solo practice
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly F-13 solo practice; pre-read end-of-course ground; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 79 · Wk 12 Tue Private Pilot checkride

PHASE II

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — F-14-F-17 checkride profile	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — F-14-F-17 checkride profile	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — F-14-F-17 checkride profile	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

end-of-course ground

FLIGHT

F-14–F-17 checkride profile

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: end-of-course ground
- Fly or simulate to standard: F-14–F-17 checkride profile
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly F-14–F-17 checkride profile; pre-read ACS review — all PPL areas; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 80 · Wk 12 Wed Private Pilot checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — PPL practical	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — PPL practical	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — PPL practical	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ACS review — all PPL areas

FLIGHT

PPL practical

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ACS review — all PPL areas
- Fly or simulate to standard: PPL practical
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly PPL practical; pre-read end-of-course ground; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 81 · Wk 12 Thu Private Pilot checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — F-13 solo practice	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — F-13 solo practice	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — F-13 solo practice	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

end-of-course ground

FLIGHT

F-13 solo practice

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: end-of-course ground
- Fly or simulate to standard: F-13 solo practice
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly F-13 solo practice; pre-read ACS review — all PPL areas; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 82 · Wk 12 Fri Private Pilot checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — F-14–F-17 checkride profile	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — F-14–F-17 checkride profile	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — F-14–F-17 checkride profile	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ACS review — all PPL areas

FLIGHT

F-14–F-17 checkride profile

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ACS review — all PPL areas
- Fly or simulate to standard: F-14–F-17 checkride profile
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly F-14–F-17 checkride profile; pre-read end-of-course ground; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 83 · Wk 12 Sat Private Pilot checkride**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — PPL practical	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

end-of-course ground

FLIGHT

PPL practical

SIM / FTD

Mock oral blocks

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: PPL practical
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 84 · Wk 12 Sun Private Pilot checkride**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ACS review — all PPL areas

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 13**Instrument indoctrination**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

T-6 instrument block start

Day 85 · Wk 13 Mon Instrument indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

T-6 instrument block start

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs, charts, clearances, IFR knowledge test prep start	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR regs, charts, clearances, IFR knowledge test prep start	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR regs, charts, clearances, IFR knowledge test prep start	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-1 basic attitude IF	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-1 basic attitude IF

SIM / FTD

FTD hood work

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs, charts, clearances, IFR knowledge test prep start
- Fly or simulate to standard: I-1 basic attitude IF

- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-1 basic attitude IF; pre-read IFR regs, charts, clearances, IFR knowledge test prep start; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 86 · Wk 13 Tue Instrument indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs, charts, clearances, IFR knowledge test prep start	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR regs, charts, clearances, IFR knowledge test prep start	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR regs, charts, clearances, IFR knowledge test prep start	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-2 partial panel	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-2 partial panel

SIM / FTD

FTD hood work

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs, charts, clearances, IFR knowledge test prep start
- Fly or simulate to standard: I-2 partial panel
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-2 partial panel; pre-read IFR regs, charts, clearances, IFR knowledge test prep start; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 87 · Wk 13 Wed Instrument indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs, charts, clearances, IFR knowledge test prep start	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR regs, charts, clearances, IFR knowledge test prep start	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR regs, charts, clearances, IFR knowledge test prep start	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-1 basic attitude IF	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-1 basic attitude IF

SIM / FTD

FTD hood work

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs, charts, clearances, IFR knowledge test prep start
- Fly or simulate to standard: I-1 basic attitude IF
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-1 basic attitude IF; pre-read IFR regs, charts, clearances, IFR knowledge test prep start; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 88 · Wk 13 Thu Instrument indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs, charts, clearances, IFR knowledge test prep start	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR regs, charts, clearances, IFR knowledge test prep start	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR regs, charts, clearances, IFR knowledge test prep start	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-2 partial panel	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-2 partial panel

SIM / FTD

FTD hood work

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs, charts, clearances, IFR knowledge test prep start
- Fly or simulate to standard: I-2 partial panel
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-2 partial panel; pre-read IFR regs, charts, clearances, IFR knowledge test prep start; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 89 · Wk 13 Fri Instrument indoctrination

PHASE II

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs, charts, clearances, IFR knowledge test prep start	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IFR regs, charts, clearances, IFR knowledge test prep start	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IFR regs, charts, clearances, IFR knowledge test prep start	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-1 basic attitude IF	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-1 basic attitude IF

SIM / FTD

FTD hood work

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs, charts, clearances, IFR knowledge test prep start
- Fly or simulate to standard: I-1 basic attitude IF
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-1 basic attitude IF; pre-read IFR regs, charts, clearances, IFR knowledge test prep start; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 90 · Wk 13 Sat Instrument indoctrination**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-2 partial panel	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

FLIGHT

I-2 partial panel

SIM / FTD

FTD hood work

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-2 partial panel
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 91 · Wk 13 Sun Instrument indoctrination**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

IFR regs, charts, clearances, IFR knowledge test prep start

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 14 **Holds & procedures**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 92 · Wk 14 Mon Holds & procedures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Holding entries, IAP charts	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Holding entries, IAP charts	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-3 holding & IFR nav	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-3 holding & IFR nav	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD holds	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-3 holding & IFR nav

SIM / FTD

FTD holds

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Holding entries, IAP charts
- Fly or simulate to standard: I-3 holding & IFR nav
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-3 holding & IFR nav; pre-read Holding entries, IAP charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 93 · Wk 14 Tue Holds & procedures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Holding entries, IAP charts	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Holding entries, IAP charts	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-4 departures & enroute IFR	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-4 departures & enroute IFR	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD holds	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-4 departures & enroute IFR

SIM / FTD

FTD holds

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Holding entries, IAP charts
- Fly or simulate to standard: I-4 departures & enroute IFR
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-4 departures & enroute IFR; pre-read Holding entries, IAP charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 94 · Wk 14 Wed Holds & procedures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Holding entries, IAP charts	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Holding entries, IAP charts	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-3 holding & IFR nav	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-3 holding & IFR nav	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD holds	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-3 holding & IFR nav

SIM / FTD

FTD holds

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Holding entries, IAP charts
- Fly or simulate to standard: I-3 holding & IFR nav
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-3 holding & IFR nav; pre-read Holding entries, IAP charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 95 · Wk 14 Thu Holds & procedures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Holding entries, IAP charts	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Holding entries, IAP charts	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-4 departures & enroute IFR	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-4 departures & enroute IFR	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD holds	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-4 departures & enroute IFR

SIM / FTD

FTD holds

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Holding entries, IAP charts
- Fly or simulate to standard: I-4 departures & enroute IFR
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-4 departures & enroute IFR; pre-read Holding entries, IAP charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 96 · Wk 14 Fri Holds & procedures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Holding entries, IAP charts	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Holding entries, IAP charts	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-3 holding & IFR nav	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-3 holding & IFR nav	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD holds	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-3 holding & IFR nav

SIM / FTD

FTD holds

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Holding entries, IAP charts
- Fly or simulate to standard: I-3 holding & IFR nav
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-3 holding & IFR nav; pre-read Holding entries, IAP charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 97 · Wk 14 Sat Holds & procedures**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-4 departures & enroute IFR	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Holding entries, IAP charts

FLIGHT

I-4 departures & enroute IFR

SIM / FTD

FTD holds

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-4 departures & enroute IFR
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 98 · Wk 14 Sun Holds & procedures

PHASE II

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Holding entries, IAP charts

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 15

Approaches I

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Instrument Stage I stage check

GATES DUE

Instrument stage checks

Day 99 · Wk 15 Mon Approaches I**PHASE II**

Duty day (12 h) · 0600–1800 · Stage check day

MILESTONES THIS WEEK

Instrument Stage I stage check

GATE DUE THIS WEEK

Instrument stage checks

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Precision vs non-precision	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — I-5 Stage I check prep	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — I-5 Stage I check prep	Graded against ACS tolerances
1430	Sim / FTD — FTD ILS/LPV	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Precision vs non-precision

FLIGHT

I-5 Stage I check prep

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Precision vs non-precision
- Fly or simulate to standard: I-5 Stage I check prep
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly I-5 Stage I check prep; pre-read minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 100 · Wk 15 Tue Approaches I**PHASE II**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — minimums	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — precision approach dual	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — precision approach dual	Graded against ACS tolerances
1430	Sim / FTD — FTD ILS/LPV	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

minimums

FLIGHT

precision approach dual

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: minimums
- Fly or simulate to standard: precision approach dual
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly precision approach dual; pre-read Precision vs non-precision; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 101 · Wk 15 Wed Approaches I**PHASE II**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Precision vs non-precision	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — I-5 Stage I check prep	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — I-5 Stage I check prep	Graded against ACS tolerances
1430	Sim / FTD — FTD ILS/LPV	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Precision vs non-precision

FLIGHT

I-5 Stage I check prep

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Precision vs non-precision
- Fly or simulate to standard: I-5 Stage I check prep
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly I-5 Stage I check prep; pre-read minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 102 · Wk 15 Thu Approaches I**PHASE II**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — minimums	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — precision approach dual	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — precision approach dual	Graded against ACS tolerances
1430	Sim / FTD — FTD ILS/LPV	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

minimums

FLIGHT

precision approach dual

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: minimums
- Fly or simulate to standard: precision approach dual
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly precision approach dual; pre-read Precision vs non-precision; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 103 · Wk 15 Fri Approaches I**PHASE II**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Precision vs non-precision	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — I-5 Stage I check prep	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — I-5 Stage I check prep	Graded against ACS tolerances
1430	Sim / FTD — FTD ILS/LPV	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Precision vs non-precision

FLIGHT

I-5 Stage I check prep

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Precision vs non-precision
- Fly or simulate to standard: I-5 Stage I check prep
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly I-5 Stage I check prep; pre-read minimums; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 104 · Wk 15 Sat Approaches I

PHASE II

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — precision approach dual	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

minimums

FLIGHT

precision approach dual

SIM / FTD

FTD ILS/LPV

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: precision approach dual
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 105 · Wk 15 Sun Approaches I**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Precision vs non-precision

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 16 **Approaches II**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Instrument written (IAK) scheduled

Day 106 · Wk 16 Mon Approaches II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Instrument written (IAK) scheduled

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IAKIDO / written test push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IAKIDO / written test push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IAKIDO / written test push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-6 precision	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-6 precision

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IAKIDO / written test push
- Fly or simulate to standard: I-6 precision
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-6 precision; pre-read IAKIDO / written test push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 107 · Wk 16 Tue Approaches II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IAKIDO / written test push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IAKIDO / written test push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IAKIDO / written test push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-7 non-precision & circling	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-7 non-precision & circling

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: IAKIDO / written test push
- Fly or simulate to standard: I-7 non-precision & circling
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-7 non-precision & circling; pre-read IAKIDO / written test push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 108 · Wk 16 Wed Approaches II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IAKIDO / written test push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IAKIDO / written test push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IAKIDO / written test push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-6 precision	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-6 precision

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IAKIDO / written test push
- Fly or simulate to standard: I-6 precision
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-6 precision; pre-read IAKIDO / written test push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 109 · Wk 16 Thu Approaches II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IAKIDO / written test push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IAKIDO / written test push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IAKIDO / written test push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-7 non-precision & circling	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-7 non-precision & circling

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: IAKIDO / written test push
- Fly or simulate to standard: I-7 non-precision & circling
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-7 non-precision & circling; pre-read IAKIDO / written test push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 110 · Wk 16 Fri Approaches II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IAKIDO / written test push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — IAKIDO / written test push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — IAKIDO / written test push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-6 precision	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-6 precision

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IAKIDO / written test push
- Fly or simulate to standard: I-6 precision
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-6 precision; pre-read IAKIDO / written test push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 111 · Wk 16 Sat Approaches II**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-7 non-precision & circling	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

IAKIDO / written test push

FLIGHT

I-7 non-precision & circling

SIM / FTD

FTD approach sequences

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-7 non-precision & circling
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 112 · Wk 16 Sun Approaches II**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

IAKIDO / written test push

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 17 **IFR cross-country**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

IAK passed

GATES DUE

Instrument written (IAK)

Day 113 · Wk 17 Mon IFR cross-country**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

IAK passed

GATE DUE THIS WEEK

Instrument written (IAK)

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Alternate planning, icing, IFR emergencies	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Alternate planning, icing, IFR emergencies	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-8 IFR XC (≥ 250 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-8 IFR XC (≥ 250 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHTI-8 IFR XC (≥ 250 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Alternate planning, icing, IFR emergencies
- Fly or simulate to standard: I-8 IFR XC (≥ 250 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-8 IFR XC (≥ 250 nm planned); pre-read Alternate planning, icing, IFR emergencies; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 114 · Wk 17 Tue IFR cross-country**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Alternate planning, icing, IFR emergencies	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Alternate planning, icing, IFR emergencies	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-8 IFR XC (≥250 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-8 IFR XC (≥250 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHT

I-8 IFR XC (≥250 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Alternate planning, icing, IFR emergencies
- Fly or simulate to standard: I-8 IFR XC (≥250 nm planned)

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-8 IFR XC (≥ 250 nm planned); pre-read Alternate planning, icing, IFR emergencies; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 115 · Wk 17 Wed IFR cross-country**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Alternate planning, icing, IFR emergencies	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Alternate planning, icing, IFR emergencies	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-8 IFR XC (≥ 250 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-8 IFR XC (≥ 250 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHTI-8 IFR XC (≥ 250 nm planned)**SIM / FTD**

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Alternate planning, icing, IFR emergencies
- Fly or simulate to standard: I-8 IFR XC (≥ 250 nm planned)

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-8 IFR XC (≥ 250 nm planned); pre-read Alternate planning, icing, IFR emergencies; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 116 · Wk 17 Thu IFR cross-country**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Alternate planning, icing, IFR emergencies	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Alternate planning, icing, IFR emergencies	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-8 IFR XC (≥250 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-8 IFR XC (≥250 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHT

I-8 IFR XC (≥250 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Alternate planning, icing, IFR emergencies
- Fly or simulate to standard: I-8 IFR XC (≥250 nm planned)

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-8 IFR XC (≥ 250 nm planned); pre-read Alternate planning, icing, IFR emergencies; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 117 · Wk 17 Fri IFR cross-country**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Alternate planning, icing, IFR emergencies	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Alternate planning, icing, IFR emergencies	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-8 IFR XC (≥250 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-8 IFR XC (≥250 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHT

I-8 IFR XC (≥250 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Alternate planning, icing, IFR emergencies
- Fly or simulate to standard: I-8 IFR XC (≥250 nm planned)

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-8 IFR XC (≥ 250 nm planned); pre-read Alternate planning, icing, IFR emergencies; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 118 · Wk 17 Sat IFR cross-country**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-8 IFR XC (≥ 250 nm planned)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Alternate planning, icing, IFR emergencies

FLIGHTI-8 IFR XC (≥ 250 nm planned)**SIM / FTD**

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-8 IFR XC (≥ 250 nm planned)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 119 · Wk 17 Sun IFR cross-country

PHASE II

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Alternate planning, icing, IFR emergencies

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 18 **Partial panel & failures**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 120 · Wk 18 Mon Partial panel & failures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs review	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — lost comm	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-9 partial-panel approaches	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-9 partial-panel approaches	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD failures	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs review

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs review
- Fly or simulate to standard: I-9 partial-panel approaches
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-9 partial-panel approaches; pre-read lost comm; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 121 · Wk 18 Tue Partial panel & failures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — lost comm	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — IFR regs review	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-9 partial-panel approaches	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-9 partial-panel approaches	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD failures	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

lost comm

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: lost comm
- Fly or simulate to standard: I-9 partial-panel approaches
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-9 partial-panel approaches; pre-read IFR regs review; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 122 · Wk 18 Wed Partial panel & failures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs review	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — lost comm	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-9 partial-panel approaches	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-9 partial-panel approaches	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD failures	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs review

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs review
- Fly or simulate to standard: I-9 partial-panel approaches
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-9 partial-panel approaches; pre-read lost comm; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 123 · Wk 18 Thu Partial panel & failures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — lost comm	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — IFR regs review	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-9 partial-panel approaches	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-9 partial-panel approaches	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD failures	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

lost comm

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: lost comm
- Fly or simulate to standard: I-9 partial-panel approaches
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-9 partial-panel approaches; pre-read IFR regs review; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 124 · Wk 18 Fri Partial panel & failures**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — IFR regs review	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — lost comm	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — I-9 partial-panel approaches	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — I-9 partial-panel approaches	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD failures	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

IFR regs review

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: IFR regs review
- Fly or simulate to standard: I-9 partial-panel approaches
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly I-9 partial-panel approaches; pre-read lost comm; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 125 · Wk 18 Sat Partial panel & failures**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-9 partial-panel approaches	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

lost comm

FLIGHT

I-9 partial-panel approaches

SIM / FTD

FTD failures

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-9 partial-panel approaches
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 126 · Wk 18 Sun Partial panel & failures**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

IFR regs review

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 19

Instrument stage check prep

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 127 · Wk 19 Mon Instrument stage check prep**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

Checkride profile flights

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — procedures & systems
- Fly or simulate to standard: Checkride profile flights
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Checkride profile flights; pre-read Oral prep — procedures & systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 128 · Wk 19 Tue Instrument stage check prep**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — IPC-style review	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — IPC-style review	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — IPC-style review	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

IPC-style review

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — procedures & systems
- Fly or simulate to standard: IPC-style review
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly IPC-style review; pre-read Oral prep — procedures & systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 129 · Wk 19 Wed Instrument stage check prep**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

Checkride profile flights

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — procedures & systems
- Fly or simulate to standard: Checkride profile flights
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Checkride profile flights; pre-read Oral prep — procedures & systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 130 · Wk 19 Thu Instrument stage check prep**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — IPC-style review	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — IPC-style review	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — IPC-style review	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

IPC-style review

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — procedures & systems
- Fly or simulate to standard: IPC-style review
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly IPC-style review; pre-read Oral prep — procedures & systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 131 · Wk 19 Fri Instrument stage check prep**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

Checkride profile flights

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — procedures & systems
- Fly or simulate to standard: Checkride profile flights
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Checkride profile flights; pre-read Oral prep — procedures & systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 132 · Wk 19 Sat Instrument stage check prep**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — IPC-style review	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Oral prep — procedures & systems

FLIGHT

IPC-style review

SIM / FTD

FTD end-of-course profile

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: IPC-style review
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 133 · Wk 19 Sun Instrument stage check prep**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Oral prep — procedures & systems

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 20

Instrument stage check

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Instrument Stage II stage check

Day 134 · Wk 20 Mon Instrument stage check

PHASE II

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Instrument Stage II stage check

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mock oral	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mock oral	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mock oral	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-10 end-of-course / stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral
- Fly or simulate to standard: I-10 end-of-course / stage check
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-10 end-of-course / stage check; pre-read Mock oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 135 · Wk 20 Tue Instrument stage check**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mock oral	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mock oral	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mock oral	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-10 end-of-course / stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral
- Fly or simulate to standard: I-10 end-of-course / stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-10 end-of-course / stage check; pre-read Mock oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 136 · Wk 20 Wed Instrument stage check**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mock oral	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mock oral	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mock oral	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-10 end-of-course / stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral
- Fly or simulate to standard: I-10 end-of-course / stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-10 end-of-course / stage check; pre-read Mock oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 137 · Wk 20 Thu Instrument stage check**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mock oral	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mock oral	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mock oral	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-10 end-of-course / stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral
- Fly or simulate to standard: I-10 end-of-course / stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-10 end-of-course / stage check; pre-read Mock oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 138 · Wk 20 Fri Instrument stage check**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Mock oral	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Mock oral	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Mock oral	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — I-10 end-of-course / stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral
- Fly or simulate to standard: I-10 end-of-course / stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly I-10 end-of-course / stage check; pre-read Mock oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 139 · Wk 20 Sat Instrument stage check**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — I-10 end-of-course / stage check	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Mock oral

FLIGHT

I-10 end-of-course / stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: I-10 end-of-course / stage check
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 140 · Wk 20 Sun Instrument stage check**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Mock oral

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 21

Instrument checkride window

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Instrument checkride

GATES DUE

Instrument checkride

Day 141 · Wk 21 Mon Instrument checkride window**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

Instrument checkride

GATE DUE THIS WEEK

Instrument checkride

HOOR BY HOOR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Instrument practical test prep & ride	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Instrument practical test prep & ride	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Instrument practical test prep & ride	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final IAK review if needed
- Fly or simulate to standard: Instrument practical test prep & ride
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Instrument practical test prep & ride; pre-read Final IAK review if needed; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 142 · Wk 21 Tue Instrument checkride window**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Instrument practical test prep & ride	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Instrument practical test prep & ride	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Instrument practical test prep & ride	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Final IAK review if needed
- Fly or simulate to standard: Instrument practical test prep & ride
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Instrument practical test prep & ride; pre-read Final IAK review if needed; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 143 · Wk 21 Wed Instrument checkride window**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Instrument practical test prep & ride	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Instrument practical test prep & ride	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Instrument practical test prep & ride	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final IAK review if needed
- Fly or simulate to standard: Instrument practical test prep & ride
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Instrument practical test prep & ride; pre-read Final IAK review if needed; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 144 · Wk 21 Thu Instrument checkride window**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Instrument practical test prep & ride	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Instrument practical test prep & ride	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Instrument practical test prep & ride	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Final IAK review if needed
- Fly or simulate to standard: Instrument practical test prep & ride
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Instrument practical test prep & ride; pre-read Final IAK review if needed; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 145 · Wk 21 Fri Instrument checkride window**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Instrument practical test prep & ride	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Instrument practical test prep & ride	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Instrument practical test prep & ride	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final IAK review if needed
- Fly or simulate to standard: Instrument practical test prep & ride
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Instrument practical test prep & ride; pre-read Final IAK review if needed; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 146 · Wk 21 Sat Instrument checkride window**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Instrument practical test prep & ride	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Final IAK review if needed

FLIGHT

Instrument practical test prep & ride

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Instrument practical test prep & ride
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 147 · Wk 21 Sun Instrument checkride window**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Final IAK review if needed

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 22

Phase II closure

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Phase II instrument block complete · Class midway review

Day 148 · Wk 22 Mon Phase II closure

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

Phase II instrument block complete · Class midway review

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial preview — aerodynamics II	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Commercial preview — aerodynamics II	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Proficiency flights or remediation	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Proficiency flights or remediation	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial preview — aerodynamics II
- Fly or simulate to standard: Proficiency flights or remediation
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Proficiency flights or remediation; pre-read Commercial preview — aerodynamics II; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 149 · Wk 22 Tue Phase II closure**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial preview — aerodynamics II	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Commercial preview — aerodynamics II	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Proficiency flights or remediation	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Proficiency flights or remediation	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Commercial preview — aerodynamics II
- Fly or simulate to standard: Proficiency flights or remediation

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Proficiency flights or remediation; pre-read Commercial preview — aerodynamics II; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 150 · Wk 22 Wed Phase II closure**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial preview — aerodynamics II	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Commercial preview — aerodynamics II	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Proficiency flights or remediation	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Proficiency flights or remediation	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial preview — aerodynamics II
- Fly or simulate to standard: Proficiency flights or remediation

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Proficiency flights or remediation; pre-read Commercial preview — aerodynamics II; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 151 · Wk 22 Thu Phase II closure**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial preview — aerodynamics II	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Commercial preview — aerodynamics II	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Proficiency flights or remediation	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Proficiency flights or remediation	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Commercial preview — aerodynamics II
- Fly or simulate to standard: Proficiency flights or remediation

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Proficiency flights or remediation; pre-read Commercial preview — aerodynamics II; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 152 · Wk 22 Fri Phase II closure**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial preview — aerodynamics II	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Commercial preview — aerodynamics II	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Proficiency flights or remediation	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Proficiency flights or remediation	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial preview — aerodynamics II
- Fly or simulate to standard: Proficiency flights or remediation

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Proficiency flights or remediation; pre-read Commercial preview — aerodynamics II; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 153 · Wk 22 Sat Phase II closure**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Proficiency flights or remediation	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Commercial preview — aerodynamics II

FLIGHT

Proficiency flights or remediation

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Proficiency flights or remediation
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 154 · Wk 22 Sun Phase II closure**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Commercial preview — aerodynamics II

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 23 **Commercial indoctrination**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Commercial block — Phase II continued

Day 155 · Wk 23 Mon Commercial indoctrination

PHASE II

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Commercial block — Phase II continued

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial regs & privileges	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test prep	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test prep	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-1 complex/TAA checkout	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial regs & privileges

FLIGHT

C-1 complex/TAA checkout

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial regs & privileges
- Fly or simulate to standard: C-1 complex/TAA checkout
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-1 complex/TAA checkout; pre-read CX knowledge test prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 156 · Wk 23 Tue Commercial indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test prep	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Commercial regs & privileges	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Commercial regs & privileges	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-2 chandelles	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test prep

FLIGHT

C-2 chandelles

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test prep
- Fly or simulate to standard: C-2 chandelles
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-2 chandelles; pre-read Commercial regs & privileges; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 157 · Wk 23 Wed Commercial indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial regs & privileges	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test prep	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test prep	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-1 complex/TAA checkout	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial regs & privileges

FLIGHT

C-1 complex/TAA checkout

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial regs & privileges
- Fly or simulate to standard: C-1 complex/TAA checkout
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-1 complex/TAA checkout; pre-read CX knowledge test prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 158 · Wk 23 Thu Commercial indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test prep	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Commercial regs & privileges	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Commercial regs & privileges	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-2 chandelles	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test prep

FLIGHT

C-2 chandelles

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test prep
- Fly or simulate to standard: C-2 chandelles
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-2 chandelles; pre-read Commercial regs & privileges; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 159 · Wk 23 Fri Commercial indoctrination**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Commercial regs & privileges	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test prep	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test prep	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-1 complex/TAA checkout	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Commercial regs & privileges

FLIGHT

C-1 complex/TAA checkout

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Commercial regs & privileges
- Fly or simulate to standard: C-1 complex/TAA checkout
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-1 complex/TAA checkout; pre-read CX knowledge test prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 160 · Wk 23 Sat Commercial indoctrination**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-2 chandelles	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CX knowledge test prep

FLIGHT

C-2 chandelles

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-2 chandelles
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 161 · Wk 23 Sun Commercial indoctrination**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Commercial regs & privileges

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 24

Commercial maneuvers I

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 162 · Wk 24 Mon Commercial maneuvers I**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Advanced aerodynamics	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — systems	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-3 lazy eights	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-3 lazy eights	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Advanced aerodynamics

FLIGHT

C-3 lazy eights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Advanced aerodynamics
- Fly or simulate to standard: C-3 lazy eights
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-3 lazy eights; pre-read systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 163 · Wk 24 Tue Commercial maneuvers I

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — systems	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Advanced aerodynamics	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-4 eights on pylons	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-4 eights on pylons	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

systems

FLIGHT

C-4 eights on pylons

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: systems
- Fly or simulate to standard: C-4 eights on pylons
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-4 eights on pylons; pre-read Advanced aerodynamics; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 164 · Wk 24 Wed Commercial maneuvers I**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Advanced aerodynamics	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — systems	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-3 lazy eights	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-3 lazy eights	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Advanced aerodynamics

FLIGHT

C-3 lazy eights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Advanced aerodynamics
- Fly or simulate to standard: C-3 lazy eights
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-3 lazy eights; pre-read systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 165 · Wk 24 Thu Commercial maneuvers I

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — systems	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Advanced aerodynamics	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-4 eights on pylons	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-4 eights on pylons	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

systems

FLIGHT

C-4 eights on pylons

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: systems
- Fly or simulate to standard: C-4 eights on pylons
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-4 eights on pylons; pre-read Advanced aerodynamics; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 166 · Wk 24 Fri Commercial maneuvers I**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Advanced aerodynamics	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — systems	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-3 lazy eights	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-3 lazy eights	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Advanced aerodynamics

FLIGHT

C-3 lazy eights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Advanced aerodynamics
- Fly or simulate to standard: C-3 lazy eights
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-3 lazy eights; pre-read systems; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 167 · Wk 24 Sat Commercial maneuvers I

PHASE II

Saturday half day (6 h) · 0600–1200 · Standard duty day

Hour by hour

Time	Activity	Location / Notes
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-4 eights on pylons	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

systems

FLIGHT

C-4 eights on pylons

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-4 eights on pylons
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 168 · Wk 24 Sun Commercial maneuvers I

PHASE II

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Advanced aerodynamics

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 25

Commercial maneuvers II

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 169 · Wk 25 Mon Commercial maneuvers II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Performance charts	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-5 steep spirals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Performance charts

FLIGHT

C-5 steep spirals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Performance charts
- Fly or simulate to standard: C-5 steep spirals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-5 steep spirals; pre-read CX written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 170 · Wk 25 Tue Commercial maneuvers II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX written push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Performance charts	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Performance charts	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-6 precision landings	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX written push

FLIGHT

C-6 precision landings

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX written push
- Fly or simulate to standard: C-6 precision landings
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-6 precision landings; pre-read Performance charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 171 · Wk 25 Wed Commercial maneuvers II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Performance charts	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-5 steep spirals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Performance charts

FLIGHT

C-5 steep spirals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Performance charts
- Fly or simulate to standard: C-5 steep spirals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-5 steep spirals; pre-read CX written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 172 · Wk 25 Thu Commercial maneuvers II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX written push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Performance charts	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Performance charts	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-6 precision landings	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX written push

FLIGHT

C-6 precision landings

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX written push
- Fly or simulate to standard: C-6 precision landings
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-6 precision landings; pre-read Performance charts; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 173 · Wk 25 Fri Commercial maneuvers II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOUR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Performance charts	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-5 steep spirals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Performance charts

FLIGHT

C-5 steep spirals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Performance charts
- Fly or simulate to standard: C-5 steep spirals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-5 steep spirals; pre-read CX written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 174 · Wk 25 Sat Commercial maneuvers II**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-6 precision landings	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CX written push

FLIGHT

C-6 precision landings

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-6 precision landings
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 175 · Wk 25 Sun Commercial maneuvers II**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Performance charts

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 26 **Commercial stage check I**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Commercial Stage I stage check · CX written passed

GATES DUE

Commercial written (CX)

Day 176 · Wk 26 Mon Commercial stage check I**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Commercial Stage I stage check · CX written passed

GATE DUE THIS WEEK

Commercial written (CX)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-7 Stage I commercial stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test
- Fly or simulate to standard: C-7 Stage I commercial stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-7 Stage I commercial stage check; pre-read CX knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 177 · Wk 26 Tue Commercial stage check I**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-7 Stage I commercial stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test
- Fly or simulate to standard: C-7 Stage I commercial stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-7 Stage I commercial stage check; pre-read CX knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 178 · Wk 26 Wed Commercial stage check I**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-7 Stage I commercial stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test
- Fly or simulate to standard: C-7 Stage I commercial stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-7 Stage I commercial stage check; pre-read CX knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 179 · Wk 26 Thu Commercial stage check I**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-7 Stage I commercial stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test
- Fly or simulate to standard: C-7 Stage I commercial stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-7 Stage I commercial stage check; pre-read CX knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 180 · Wk 26 Fri Commercial stage check I**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CX knowledge test	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CX knowledge test	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CX knowledge test	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-7 Stage I commercial stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CX knowledge test
- Fly or simulate to standard: C-7 Stage I commercial stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-7 Stage I commercial stage check; pre-read CX knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 181 · Wk 26 Sat Commercial stage check I**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-7 Stage I commercial stage check	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CX knowledge test

FLIGHT

C-7 Stage I commercial stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-7 Stage I commercial stage check
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 182 · Wk 26 Sun Commercial stage check I**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

CX knowledge test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 27 Long XC commercial

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 183 · Wk 27 Mon Long XC commercial

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

Hour by hour

Time	Activity	Location / Notes
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — High-altitude & oxygen (as applicable)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — High-altitude & oxygen (as applicable)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-8 long commercial XC (≥300 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-8 long commercial XC (≥300 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: High-altitude & oxygen (as applicable)

- Fly or simulate to standard: C-8 long commercial XC (≥ 300 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-8 long commercial XC (≥ 300 nm planned); pre-read High-altitude & oxygen (as applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 184 · Wk 27 Tue Long XC commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — High-altitude & oxygen (as applicable)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — High-altitude & oxygen (as applicable)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-8 long commercial XC (≥300 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-8 long commercial XC (≥300 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: High-altitude & oxygen (as applicable)

- Fly or simulate to standard: C-8 long commercial XC (≥ 300 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-8 long commercial XC (≥ 300 nm planned); pre-read High-altitude & oxygen (as applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 185 · Wk 27 Wed Long XC commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — High-altitude & oxygen (as applicable)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — High-altitude & oxygen (as applicable)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-8 long commercial XC (≥300 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-8 long commercial XC (≥300 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: High-altitude & oxygen (as applicable)

- Fly or simulate to standard: C-8 long commercial XC (≥ 300 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-8 long commercial XC (≥ 300 nm planned); pre-read High-altitude & oxygen (as applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 186 · Wk 27 Thu Long XC commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — High-altitude & oxygen (as applicable)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — High-altitude & oxygen (as applicable)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-8 long commercial XC (≥300 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-8 long commercial XC (≥300 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: High-altitude & oxygen (as applicable)

- Fly or simulate to standard: C-8 long commercial XC (≥ 300 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-8 long commercial XC (≥ 300 nm planned); pre-read High-altitude & oxygen (as applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 187 · Wk 27 Fri Long XC commercial

PHASE II

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — High-altitude & oxygen (as applicable)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — High-altitude & oxygen (as applicable)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-8 long commercial XC (≥300 nm planned)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-8 long commercial XC (≥300 nm planned)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: High-altitude & oxygen (as applicable)

- Fly or simulate to standard: C-8 long commercial XC (≥ 300 nm planned)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-8 long commercial XC (≥ 300 nm planned); pre-read High-altitude & oxygen (as applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 188 · Wk 27 Sat Long XC commercial**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-8 long commercial XC (≥300 nm planned)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

FLIGHT

C-8 long commercial XC (≥300 nm planned)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-8 long commercial XC (≥300 nm planned)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 189 · Wk 27 Sun Long XC commercial**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

High-altitude & oxygen (as applicable)

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 28

Night commercial

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 190 · Wk 28 Mon Night commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Night currency & commercial reqs	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Night currency & commercial reqs	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-9 night commercial ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-9 night commercial ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Night currency & commercial reqs
- Fly or simulate to standard: C-9 night commercial ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-9 night commercial ops; pre-read Night currency & commercial reqs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 191 · Wk 28 Tue Night commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Night currency & commercial reqs	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Night currency & commercial reqs	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-9 night commercial ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-9 night commercial ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Night currency & commercial reqs
- Fly or simulate to standard: C-9 night commercial ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-9 night commercial ops; pre-read Night currency & commercial reqs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 192 · Wk 28 Wed Night commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Night currency & commercial reqs	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Night currency & commercial reqs	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-9 night commercial ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-9 night commercial ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Night currency & commercial reqs
- Fly or simulate to standard: C-9 night commercial ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-9 night commercial ops; pre-read Night currency & commercial reqs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 193 · Wk 28 Thu Night commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Night currency & commercial reqs	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Night currency & commercial reqs	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-9 night commercial ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-9 night commercial ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Night currency & commercial reqs
- Fly or simulate to standard: C-9 night commercial ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-9 night commercial ops; pre-read Night currency & commercial reqs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 194 · Wk 28 Fri Night commercial**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Night currency & commercial reqs	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Night currency & commercial reqs	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-9 night commercial ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-9 night commercial ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Night currency & commercial reqs
- Fly or simulate to standard: C-9 night commercial ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-9 night commercial ops; pre-read Night currency & commercial reqs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 195 · Wk 28 Sat Night commercial**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-9 night commercial ops	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Night currency & commercial reqs

FLIGHT

C-9 night commercial ops

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-9 night commercial ops
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 196 · Wk 28 Sun Night commercial**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Night currency & commercial reqs

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 29

Instrument commercial review

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 197 · Wk 29 Mon Instrument commercial review**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Oral prep — commercial ACS	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Oral prep — commercial ACS	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-10 instrument review & emergencies	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-10 instrument review & emergencies	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD if needed	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — commercial ACS
- Fly or simulate to standard: C-10 instrument review & emergencies

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-10 instrument review & emergencies; pre-read Oral prep — commercial ACS; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 198 · Wk 29 Tue Instrument commercial review**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Oral prep — commercial ACS	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Oral prep — commercial ACS	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-10 instrument review & emergencies	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-10 instrument review & emergencies	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD if needed	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — commercial ACS
- Fly or simulate to standard: C-10 instrument review & emergencies

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-10 instrument review & emergencies; pre-read Oral prep — commercial ACS; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 199 · Wk 29 Wed Instrument commercial review**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Oral prep — commercial ACS	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Oral prep — commercial ACS	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-10 instrument review & emergencies	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-10 instrument review & emergencies	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD if needed	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — commercial ACS
- Fly or simulate to standard: C-10 instrument review & emergencies

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-10 instrument review & emergencies; pre-read Oral prep — commercial ACS; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 200 · Wk 29 Thu Instrument commercial review**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Oral prep — commercial ACS	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Oral prep — commercial ACS	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-10 instrument review & emergencies	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-10 instrument review & emergencies	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD if needed	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — commercial ACS
- Fly or simulate to standard: C-10 instrument review & emergencies

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-10 instrument review & emergencies; pre-read Oral prep — commercial ACS; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 201 · Wk 29 Fri Instrument commercial review**PHASE II**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Oral prep — commercial ACS	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Oral prep — commercial ACS	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — C-10 instrument review & emergencies	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — C-10 instrument review & emergencies	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — FTD if needed	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — commercial ACS
- Fly or simulate to standard: C-10 instrument review & emergencies

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly C-10 instrument review & emergencies; pre-read Oral prep — commercial ACS; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 202 · Wk 29 Sat Instrument commercial review**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-10 instrument review & emergencies	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Oral prep — commercial ACS

FLIGHT

C-10 instrument review & emergencies

SIM / FTD

FTD if needed

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-10 instrument review & emergencies
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 203 · Wk 29 Sun Instrument commercial review**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Oral prep — commercial ACS

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 30

Checkride profile

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

Day 204 · Wk 30 Mon Checkride profile**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — C-11 checkride profile	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — C-11 checkride profile	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — C-11 checkride profile	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

C-11 checkride profile

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral — commercial
- Fly or simulate to standard: C-11 checkride profile
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly C-11 checkride profile; pre-read Mock oral — commercial; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 205 · Wk 30 Tue Checkride profile**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — mock practical	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — mock practical	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — mock practical	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

mock practical

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral — commercial
- Fly or simulate to standard: mock practical
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly mock practical; pre-read Mock oral — commercial; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 206 · Wk 30 Wed Checkride profile**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — C-11 checkride profile	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — C-11 checkride profile	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — C-11 checkride profile	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

C-11 checkride profile

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral — commercial
- Fly or simulate to standard: C-11 checkride profile
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly C-11 checkride profile; pre-read Mock oral — commercial; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 207 · Wk 30 Thu Checkride profile**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — mock practical	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — mock practical	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — mock practical	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

mock practical

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral — commercial
- Fly or simulate to standard: mock practical
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly mock practical; pre-read Mock oral — commercial; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 208 · Wk 30 Fri Checkride profile**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — C-11 checkride profile	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — C-11 checkride profile	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — C-11 checkride profile	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

C-11 checkride profile

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock oral — commercial
- Fly or simulate to standard: C-11 checkride profile
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly C-11 checkride profile; pre-read Mock oral — commercial; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 209 · Wk 30 Sat Checkride profile**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — mock practical	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Mock oral — commercial

FLIGHT

mock practical

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: mock practical
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 210 · Wk 30 Sun Checkride profile

PHASE II

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Mock oral — commercial

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 31

Commercial stage check II

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Commercial Stage II stage check

Day 211 · Wk 31 Mon Commercial stage check II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Commercial Stage II stage check

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Final ground gaps	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Final ground gaps	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Final ground gaps	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-12 end-of-course stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final ground gaps
- Fly or simulate to standard: C-12 end-of-course stage check
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-12 end-of-course stage check; pre-read Final ground gaps; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 212 · Wk 31 Tue Commercial stage check II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Final ground gaps	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Final ground gaps	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Final ground gaps	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-12 end-of-course stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Final ground gaps
- Fly or simulate to standard: C-12 end-of-course stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-12 end-of-course stage check; pre-read Final ground gaps; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 213 · Wk 31 Wed Commercial stage check II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Final ground gaps	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Final ground gaps	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Final ground gaps	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-12 end-of-course stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final ground gaps
- Fly or simulate to standard: C-12 end-of-course stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-12 end-of-course stage check; pre-read Final ground gaps; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 214 · Wk 31 Thu Commercial stage check II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Final ground gaps	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Final ground gaps	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Final ground gaps	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-12 end-of-course stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Final ground gaps
- Fly or simulate to standard: C-12 end-of-course stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-12 end-of-course stage check; pre-read Final ground gaps; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 215 · Wk 31 Fri Commercial stage check II**PHASE II**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Final ground gaps	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Final ground gaps	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Final ground gaps	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — C-12 end-of-course stage check	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Final ground gaps
- Fly or simulate to standard: C-12 end-of-course stage check
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly C-12 end-of-course stage check; pre-read Final ground gaps; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 216 · Wk 31 Sat Commercial stage check II**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — C-12 end-of-course stage check	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Final ground gaps

FLIGHT

C-12 end-of-course stage check

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: C-12 end-of-course stage check
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 217 · Wk 31 Sun Commercial stage check II

PHASE II

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Final ground gaps

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 32 **Track select & Commercial checkride**

Phase II — Primary — contact, instruments, navigation · Target: PPL · IR · CPL

MILESTONES

Commercial checkride · Track select (MASS ranking) · Phase II graduation

GATES DUE

Track select (Phase II complete) · Commercial checkride

Day 218 · Wk 32 Mon Track select & Commercial checkride

PHASE II

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

Commercial checkride · Track select (MASS ranking) · Phase II graduation

GATE DUE THIS WEEK

Track select (Phase II complete) · Commercial checkride

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Commercial practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Commercial practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Commercial practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Track preference worksheets — instructor / airlift / fighter analog
- Fly or simulate to standard: Commercial practical test
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Commercial practical test; pre-read Track preference worksheets — instructor / airlift / fighter analog; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 219 · Wk 32 Tue Track select & Commercial checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Commercial practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Commercial practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Commercial practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Track preference worksheets — instructor / airlift / fighter analog
- Fly or simulate to standard: Commercial practical test
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Commercial practical test; pre-read Track preference worksheets — instructor / airlift / fighter analog; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 220 · Wk 32 Wed Track select & Commercial checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Commercial practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Commercial practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Commercial practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Track preference worksheets — instructor / airlift / fighter analog
- Fly or simulate to standard: Commercial practical test
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Commercial practical test; pre-read Track preference worksheets — instructor / airlift / fighter analog; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 221 · Wk 32 Thu Track select & Commercial checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Commercial practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Commercial practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Commercial practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Track preference worksheets — instructor / airlift / fighter analog
- Fly or simulate to standard: Commercial practical test
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Commercial practical test; pre-read Track preference worksheets — instructor / airlift / fighter analog; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 222 · Wk 32 Fri Track select & Commercial checkride**PHASE II**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — Commercial practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — Commercial practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — Commercial practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Track preference worksheets — instructor / airlift / fighter analog
- Fly or simulate to standard: Commercial practical test
- Meet PPL · IR · CPL checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at PPL · IR · CPL standard without instructor intervention.

HOMEWORK

Chair-fly Commercial practical test; pre-read Track preference worksheets — instructor / airlift / fighter analog; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 223 · Wk 32 Sat Track select & Commercial checkride**PHASE II**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Commercial practical test	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

FLIGHT

Commercial practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Commercial practical test
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

Day 224 · Wk 32 Sun Track select & Commercial checkride**PHASE II**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Track preference worksheets — instructor / airlift / fighter analog

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH
- FAA-H-8083-15 Instrument Flying Handbook (IFH)
- FAA-H-8083-16 Instrument Procedures Handbook
- Private Pilot ACS · Instrument Rating ACS
- FAA-H-8083-2 Risk Management Handbook

WEEK 33 **Multi-engine indoctrination**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

Phase III start — advanced track (T-1/T-38 analog)

Day 225 · Wk 33 Mon Multi-engine indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

Phase III start — advanced track (T-1/T-38 analog)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Multi systems, Vmc, critical engine	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Multi systems, Vmc, critical engine	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME checkout — normal ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME checkout — normal ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — ME systems briefing	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Multi systems, Vmc, critical engine
- Fly or simulate to standard: ME checkout — normal ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME checkout — normal ops; pre-read Multi systems, Vmc, critical engine; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 226 · Wk 33 Tue Multi-engine indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Multi systems, Vmc, critical engine	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Multi systems, Vmc, critical engine	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME checkout — normal ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME checkout — normal ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — ME systems briefing	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Multi systems, Vmc, critical engine
- Fly or simulate to standard: ME checkout — normal ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME checkout — normal ops; pre-read Multi systems, Vmc, critical engine; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 227 · Wk 33 Wed Multi-engine indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Multi systems, Vmc, critical engine	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Multi systems, Vmc, critical engine	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME checkout — normal ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME checkout — normal ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — ME systems briefing	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Multi systems, Vmc, critical engine
- Fly or simulate to standard: ME checkout — normal ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME checkout — normal ops; pre-read Multi systems, Vmc, critical engine; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 228 · Wk 33 Thu Multi-engine indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Multi systems, Vmc, critical engine	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Multi systems, Vmc, critical engine	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME checkout — normal ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME checkout — normal ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — ME systems briefing	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Multi systems, Vmc, critical engine
- Fly or simulate to standard: ME checkout — normal ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME checkout — normal ops; pre-read Multi systems, Vmc, critical engine; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 229 · Wk 33 Fri Multi-engine indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Multi systems, Vmc, critical engine	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Multi systems, Vmc, critical engine	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME checkout — normal ops	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME checkout — normal ops	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — ME systems briefing	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Multi systems, Vmc, critical engine
- Fly or simulate to standard: ME checkout — normal ops
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME checkout — normal ops; pre-read Multi systems, Vmc, critical engine; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 230 · Wk 33 Sat Multi-engine indoctrination**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — ME checkout — normal ops	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Multi systems, Vmc, critical engine

FLIGHT

ME checkout — normal ops

SIM / FTD

ME systems briefing

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: ME checkout — normal ops
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 231 · Wk 33 Sun Multi-engine indoctrination

PHASE III

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Multi systems, Vmc, critical engine

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 34 **Engine-out & Vmc**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

Day 232 · Wk 34 Mon Engine-out & Vmc**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME written prep (if applicable)	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ME written prep (if applicable)	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ME written prep (if applicable)	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Engine-out drills, feathering, Vmc demos	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME written prep (if applicable)
- Fly or simulate to standard: Engine-out drills, feathering, Vmc demos
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Engine-out drills, feathering, Vmc demos; pre-read ME written prep (if applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 233 · Wk 34 Tue Engine-out & Vmc**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME written prep (if applicable)	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ME written prep (if applicable)	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ME written prep (if applicable)	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Engine-out drills, feathering, Vmc demos	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ME written prep (if applicable)
- Fly or simulate to standard: Engine-out drills, feathering, Vmc demos
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Engine-out drills, feathering, Vmc demos; pre-read ME written prep (if applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 234 · Wk 34 Wed Engine-out & Vmc**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME written prep (if applicable)	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ME written prep (if applicable)	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ME written prep (if applicable)	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Engine-out drills, feathering, Vmc demos	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME written prep (if applicable)
- Fly or simulate to standard: Engine-out drills, feathering, Vmc demos
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Engine-out drills, feathering, Vmc demos; pre-read ME written prep (if applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 235 · Wk 34 Thu Engine-out & Vmc**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME written prep (if applicable)	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ME written prep (if applicable)	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ME written prep (if applicable)	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Engine-out drills, feathering, Vmc demos	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ME written prep (if applicable)
- Fly or simulate to standard: Engine-out drills, feathering, Vmc demos
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Engine-out drills, feathering, Vmc demos; pre-read ME written prep (if applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 236 · Wk 34 Fri Engine-out & Vmc**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME written prep (if applicable)	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ME written prep (if applicable)	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ME written prep (if applicable)	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Engine-out drills, feathering, Vmc demos	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME written prep (if applicable)
- Fly or simulate to standard: Engine-out drills, feathering, Vmc demos
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Engine-out drills, feathering, Vmc demos; pre-read ME written prep (if applicable); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 237 · Wk 34 Sat Engine-out & Vmc**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Engine-out drills, feathering, Vmc demos	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

ME written prep (if applicable)

FLIGHT

Engine-out drills, feathering, Vmc demos

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Engine-out drills, feathering, Vmc demos
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 238 · Wk 34 Sun Engine-out & Vmc

PHASE III

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ME written prep (if applicable)

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 35

ME XC & stage check

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

ME stage check

Day 239 · Wk 35 Mon ME XC & stage check**PHASE III**

Duty day (12 h) · 0600–1800 · Stage check day

MILESTONES THIS WEEK

ME stage check

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME oral prep	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — ME cross-country	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — ME cross-country	Graded against ACS tolerances
1430	Sim / FTD — Chair-fly / flows lab	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME oral prep

FLIGHT

ME cross-country

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME oral prep
- Fly or simulate to standard: ME cross-country
- Pass the stage check oral and flight, or enter a documented CAP

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly ME cross-country; pre-read ME oral prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 240 · Wk 35 Tue ME XC & stage check**PHASE III**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME oral prep	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — stage check prep	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — stage check prep	Graded against ACS tolerances
1430	Sim / FTD — Chair-fly / flows lab	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME oral prep

FLIGHT

stage check prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ME oral prep
- Fly or simulate to standard: stage check prep
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly stage check prep; pre-read ME oral prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 241 · Wk 35 Wed ME XC & stage check**PHASE III**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME oral prep	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — ME cross-country	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — ME cross-country	Graded against ACS tolerances
1430	Sim / FTD — Chair-fly / flows lab	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME oral prep

FLIGHT

ME cross-country

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME oral prep
- Fly or simulate to standard: ME cross-country
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly ME cross-country; pre-read ME oral prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 242 · Wk 35 Thu ME XC & stage check**PHASE III**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME oral prep	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — stage check prep	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — stage check prep	Graded against ACS tolerances
1430	Sim / FTD — Chair-fly / flows lab	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME oral prep

FLIGHT

stage check prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ME oral prep
- Fly or simulate to standard: stage check prep
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly stage check prep; pre-read ME oral prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 243 · Wk 35 Fri ME XC & stage check**PHASE III**

Duty day (12 h) · 0600–1800 · Stage check day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ME oral prep	Stage-check knowledge review
0930	Break · study hall	15 min
0945	Stage-check oral (check instructor)	14 CFR §141.37 check instructor administers
1130	Lunch	30 min working meal
1200	Preflight planning — ME cross-country	W&B, nav log, risk sheet; check instructor sign-off
1230	Stage check flight — ME cross-country	Graded against ACS tolerances
1430	Sim / FTD — Chair-fly / flows lab	Reserved for repeat or remediation
1530	Stage-check debrief & grade sheet	Pass / repeat decision recorded; CAP if unsatisfactory
1615	Flight room / study hall	Next-stage prep or remediation plan
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ME oral prep

FLIGHT

ME cross-country

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ME oral prep
- Fly or simulate to standard: ME cross-country
- Pass the stage check oral and flight, or enter a documented CAP
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Check instructor records a satisfactory grade sheet, or a CAP is opened same day.

HOMEWORK

Chair-fly ME cross-country; pre-read ME oral prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 244 · Wk 35 Sat ME XC & stage check**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — stage check prep	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

ME oral prep

FLIGHT

stage check prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: stage check prep
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 245 · Wk 35 Sun ME XC & stage check**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ME oral prep

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 36

Multi-engine checkride

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

Multi-Engine checkride · Phase IV graduation

GATES DUE

Multi-Engine checkride

Day 246 · Wk 36 Mon Multi-engine checkride

PHASE III

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

Multi-Engine checkride · Phase IV graduation

GATE DUE THIS WEEK

Multi-Engine checkride

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — AMEL practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — AMEL practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — AMEL practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: AMEL practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly AMEL practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 247 · Wk 36 Tue Multi-engine checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — AMEL practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — AMEL practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — AMEL practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: AMEL practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly AMEL practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 248 · Wk 36 Wed Multi-engine checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — AMEL practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — AMEL practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — AMEL practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: AMEL practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly AMEL practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 249 · Wk 36 Thu Multi-engine checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — AMEL practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — AMEL practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — AMEL practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: AMEL practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly AMEL practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 250 · Wk 36 Fri Multi-engine checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — AMEL practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — AMEL practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — AMEL practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: AMEL practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly AMEL practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 251 · Wk 36 Sat Multi-engine checkride**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — AMEL practical test	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

AMEL practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: AMEL practical test
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 252 · Wk 36 Sun Multi-engine checkride

PHASE III

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Flight-room study & mission planning

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 37 **FOI & CFI ground**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

Phase III start — instructor track (FAIP analog)

Day 253 · Wk 37 Mon FOI & CFI ground

PHASE III

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

Phase III start — instructor track (FAIP analog)

HOOR BY HOOR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI intensive	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFI knowledge test prep	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFI knowledge test prep	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Right-seat familiarization	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI intensive

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: FOI intensive
- Fly or simulate to standard: Right-seat familiarization
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Right-seat familiarization; pre-read CFI knowledge test prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 254 · Wk 37 Tue FOI & CFI ground**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFI knowledge test prep	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — learning theory	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — learning theory	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Right-seat familiarization	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFI knowledge test prep

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFI knowledge test prep
- Fly or simulate to standard: Right-seat familiarization
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Right-seat familiarization; pre-read learning theory; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 255 · Wk 37 Wed FOI & CFI ground**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — learning theory	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI intensive	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI intensive	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Right-seat familiarization	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

learning theory

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: learning theory
- Fly or simulate to standard: Right-seat familiarization
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Right-seat familiarization; pre-read FOI intensive; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 256 · Wk 37 Thu **FOI & CFI ground****PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI intensive	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFI knowledge test prep	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFI knowledge test prep	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Right-seat familiarization	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI intensive

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: FOI intensive
- Fly or simulate to standard: Right-seat familiarization
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Right-seat familiarization; pre-read CFI knowledge test prep; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 257 · Wk 37 Fri FOI & CFI ground**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFI knowledge test prep	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — learning theory	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — learning theory	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Right-seat familiarization	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFI knowledge test prep

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CFI knowledge test prep
- Fly or simulate to standard: Right-seat familiarization
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Right-seat familiarization; pre-read learning theory; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 258 · Wk 37 Sat FOI & CFI ground**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Right-seat familiarization	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

learning theory

FLIGHT

Right-seat familiarization

SIM / FTD

Teaching lab — whiteboard practicum

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Right-seat familiarization
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 259 · Wk 37 Sun FOI & CFI ground**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

FOI intensive

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 38 **Teaching technique I**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

FOI + CFI writtens scheduled

Day 260 · Wk 38 Mon Teaching technique I**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

FOI + CFI writtens scheduled

HOOR BY HOOR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Lesson planning	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFI written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFI written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — fundamentals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Lesson planning

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Lesson planning
- Fly or simulate to standard: Supervised teaching — fundamentals
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — fundamentals; pre-read CFI written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 261 · Wk 38 Tue Teaching technique I**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFI written push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Lesson planning	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Lesson planning	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — fundamentals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFI written push

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFI written push
- Fly or simulate to standard: Supervised teaching — fundamentals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — fundamentals; pre-read Lesson planning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 262 · Wk 38 Wed Teaching technique I**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Lesson planning	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFI written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFI written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — fundamentals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Lesson planning

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Lesson planning
- Fly or simulate to standard: Supervised teaching — fundamentals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — fundamentals; pre-read CFI written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 263 · Wk 38 Thu Teaching technique I**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFI written push	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Lesson planning	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Lesson planning	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — fundamentals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFI written push

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFI written push
- Fly or simulate to standard: Supervised teaching — fundamentals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — fundamentals; pre-read Lesson planning; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 264 · Wk 38 Fri Teaching technique I**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Lesson planning	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFI written push	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFI written push	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — fundamentals	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Lesson planning

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Lesson planning
- Fly or simulate to standard: Supervised teaching — fundamentals
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — fundamentals; pre-read CFI written push; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 265 · Wk 38 Sat Teaching technique I**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Supervised teaching — fundamentals	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CFI written push

FLIGHT

Supervised teaching — fundamentals

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Supervised teaching — fundamentals
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 266 · Wk 38 Sun Teaching technique I**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Lesson planning

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 39 **Teaching technique II**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

CFI written passed

GATES DUE

CFI + FOI writtens

Day 267 · Wk 39 Mon Teaching technique II**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

CFI written passed

GATE DUE THIS WEEK

CFI + FOI writtens

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI/CGI writtens completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI/CGI writtens completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI/CGI writtens completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: FOI/CGI writtens completion
- Fly or simulate to standard: Supervised teaching — maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — maneuvers; pre-read FOI/CGI writtens completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 268 · Wk 39 Tue Teaching technique II**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI/CGI writtens completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI/CGI writtens completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI/CGI writtens completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: FOI/CGI writtens completion
- Fly or simulate to standard: Supervised teaching — maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — maneuvers; pre-read FOI/CGI writtens completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 269 · Wk 39 Wed Teaching technique II**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI/CGI writtens completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI/CGI writtens completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI/CGI writtens completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: FOI/CGI writtens completion
- Fly or simulate to standard: Supervised teaching — maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — maneuvers; pre-read FOI/CGI writtens completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 270 · Wk 39 Thu Teaching technique II**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI/CGI writtens completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI/CGI writtens completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI/CGI writtens completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: FOI/CGI writtens completion
- Fly or simulate to standard: Supervised teaching — maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — maneuvers; pre-read FOI/CGI writtens completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 271 · Wk 39 Fri Teaching technique II**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — FOI/CGI writtens completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — FOI/CGI writtens completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — FOI/CGI writtens completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Supervised teaching — maneuvers	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: FOI/CGI writtens completion
- Fly or simulate to standard: Supervised teaching — maneuvers
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Supervised teaching — maneuvers; pre-read FOI/CGI writtens completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 272 · Wk 39 Sat Teaching technique II**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Supervised teaching — maneuvers	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

FOI/CGI writtens completion

FLIGHT

Supervised teaching — maneuvers

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Supervised teaching — maneuvers
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 273 · Wk 39 Sun Teaching technique II**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

FOI/CGI writtens completion

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 40

CFI stage check prep

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

Day 274 · Wk 40 Mon CFI stage check prep**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — FOIs & regs
- Fly or simulate to standard: CFI checkride profile flights
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI checkride profile flights; pre-read Oral prep — FOIs & regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 275 · Wk 40 Tue CFI stage check prep**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — FOIs & regs
- Fly or simulate to standard: CFI checkride profile flights
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI checkride profile flights; pre-read Oral prep — FOIs & regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 276 · Wk 40 Wed CFI stage check prep**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — FOIs & regs
- Fly or simulate to standard: CFI checkride profile flights
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI checkride profile flights; pre-read Oral prep — FOIs & regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 277 · Wk 40 Thu CFI stage check prep**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — FOIs & regs
- Fly or simulate to standard: CFI checkride profile flights
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI checkride profile flights; pre-read Oral prep — FOIs & regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 278 · Wk 40 Fri CFI stage check prep**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI checkride profile flights	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI checkride profile flights	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI checkride profile flights	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Oral prep — FOIs & regs
- Fly or simulate to standard: CFI checkride profile flights
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI checkride profile flights; pre-read Oral prep — FOIs & regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 279 · Wk 40 Sat CFI stage check prep**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — CFI checkride profile flights	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Oral prep — FOIs & regs

FLIGHT

CFI checkride profile flights

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: CFI checkride profile flights
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 280 · Wk 40 Sun CFI stage check prep**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Oral prep — FOIs & regs

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 41

CFI checkride

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

CFI checkride · Instructor epaulet bar

GATES DUE

CFI checkride

Day 281 · Wk 41 Mon CFI checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

CFI checkride · Instructor epaulet bar

GATE DUE THIS WEEK

CFI checkride

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock CFI oral
- Fly or simulate to standard: CFI practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI practical test; pre-read Mock CFI oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 282 · Wk 41 Tue CFI checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock CFI oral
- Fly or simulate to standard: CFI practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI practical test; pre-read Mock CFI oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 283 · Wk 41 Wed CFI checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock CFI oral
- Fly or simulate to standard: CFI practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI practical test; pre-read Mock CFI oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 284 · Wk 41 Thu CFI checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Mock CFI oral
- Fly or simulate to standard: CFI practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI practical test; pre-read Mock CFI oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 285 · Wk 41 Fri CFI checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFI practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFI practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFI practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Mock CFI oral
- Fly or simulate to standard: CFI practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFI practical test; pre-read Mock CFI oral; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 286 · Wk 41 Sat CFI checkride**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — CFI practical test	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Mock CFI oral

FLIGHT

CFI practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: CFI practical test
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 287 · Wk 41 Sun CFI checkride**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Mock CFI oral

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 42 **CFII indoctrination**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

Day 288 · Wk 42 Mon CFII indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Instrument instructor regs	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — IFR teaching hops from right seat	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Instrument instructor regs

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Instrument instructor regs
- Fly or simulate to standard: IFR teaching hops from right seat
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly IFR teaching hops from right seat; pre-read CFII written; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 289 · Wk 42 Tue CFII indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Instrument instructor regs	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Instrument instructor regs	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — IFR teaching hops from right seat	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFII written
- Fly or simulate to standard: IFR teaching hops from right seat
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly IFR teaching hops from right seat; pre-read Instrument instructor regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 290 · Wk 42 Wed CFII indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Instrument instructor regs	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — IFR teaching hops from right seat	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Instrument instructor regs

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Instrument instructor regs
- Fly or simulate to standard: IFR teaching hops from right seat
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly IFR teaching hops from right seat; pre-read CFII written; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 291 · Wk 42 Thu CFII indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — Instrument instructor regs	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — Instrument instructor regs	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — IFR teaching hops from right seat	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFII written
- Fly or simulate to standard: IFR teaching hops from right seat
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly IFR teaching hops from right seat; pre-read Instrument instructor regs; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 292 · Wk 42 Fri CFII indoctrination**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Instrument instructor regs	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — IFR teaching hops from right seat	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Instrument instructor regs

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Instrument instructor regs
- Fly or simulate to standard: IFR teaching hops from right seat
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly IFR teaching hops from right seat; pre-read CFII written; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 293 · Wk 42 Sat CFII indoctrination**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — IFR teaching hops from right seat	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CFII written

FLIGHT

IFR teaching hops from right seat

SIM / FTD

FTD teaching scenarios

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: IFR teaching hops from right seat
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 294 · Wk 42 Sun CFII indoctrination

PHASE III

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

Ground / Academics

Instrument instructor regs

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion Standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 43 **CFII prep**

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

CFII written passed

Day 295 · Wk 43 Mon CFII prep**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

CFII written passed

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — CFII profile flights	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CFII written completion
- Fly or simulate to standard: CFII profile flights
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly CFII profile flights; pre-read CFII written completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 296 · Wk 43 Tue CFII prep**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — CFII profile flights	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFII written completion
- Fly or simulate to standard: CFII profile flights
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly CFII profile flights; pre-read CFII written completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 297 · Wk 43 Wed CFII prep**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — CFII profile flights	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CFII written completion
- Fly or simulate to standard: CFII profile flights
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly CFII profile flights; pre-read CFII written completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 298 · Wk 43 Thu CFII prep**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — CFII profile flights	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: CFII written completion
- Fly or simulate to standard: CFII profile flights
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly CFII profile flights; pre-read CFII written completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 299 · Wk 43 Fri CFII prep**PHASE III**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — CFII written completion	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — CFII written completion	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — CFII written completion	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — CFII profile flights	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: CFII written completion
- Fly or simulate to standard: CFII profile flights
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly CFII profile flights; pre-read CFII written completion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 300 · Wk 43 Sat CFII prep**PHASE III**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — CFII profile flights	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

CFII written completion

FLIGHT

CFII profile flights

SIM / FTD

FTD approaches teaching

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: CFII profile flights
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 301 · Wk 43 Sun CFII prep**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

CFII written completion

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 44

CFII checkride

Phase III — Advanced — multi-engine & instructor · Target: AMEL · CFI · CFII

MILESTONES

CFII checkride · Phase III instructor track complete

GATES DUE

CFII checkride

Day 302 · Wk 44 Mon CFII checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

CFII checkride · Phase III instructor track complete

GATE DUE THIS WEEK

CFII checkride

HOOR BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFII practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFII practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFII practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: CFII practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFII practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 303 · Wk 44 Tue CFII checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFII practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFII practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFII practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: CFII practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFII practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 304 · Wk 44 Wed CFII checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFII practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFII practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFII practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: CFII practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFII practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 305 · Wk 44 Thu CFII checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFII practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFII practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFII practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: CFII practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFII practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 306 · Wk 44 Fri CFII checkride**PHASE III**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — CFII practical test	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — CFII practical test	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — CFII practical test	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Flight-room study & mission planning
- Fly or simulate to standard: CFII practical test
- Meet AMEL · CFI · CFII checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at AMEL · CFI · CFII standard without instructor intervention.

HOMEWORK

Chair-fly CFII practical test; pre-read Systems, regulations, and chart work; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 307 · Wk 44 Sat CFII checkride

PHASE III

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — CFII practical test	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

Flight-room study & mission planning

FLIGHT

CFII practical test

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: CFII practical test
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

Day 308 · Wk 44 Sun CFII checkride**PHASE III**

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Flight-room study & mission planning

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-3 AFH (multi-engine)
- FAA-H-8083-9 Aviation Instructor's Handbook (AIH)
- Commercial Pilot ACS · Flight Instructor ACS
- Piper Seminole POH · PilotRules Flight Standards Manual

WEEK 45

Instructional operations I

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

FTU assignment — instructional operations flight

Day 309 · Wk 45 Mon Instructional operations I**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

FTU assignment — instructional operations flight

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — SMS / CRM	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — professional standards	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Primary instruction sorties (as CFI)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Primary instruction sorties (as CFI)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

SMS / CRM

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: SMS / CRM
- Fly or simulate to standard: Primary instruction sorties (as CFI)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Primary instruction sorties (as CFI); pre-read professional standards; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 310 · Wk 45 Tue Instructional operations I**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — professional standards	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — SMS / CRM	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Primary instruction sorties (as CFI)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Primary instruction sorties (as CFI)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

professional standards

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: professional standards
- Fly or simulate to standard: Primary instruction sorties (as CFI)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Primary instruction sorties (as CFI); pre-read SMS / CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 311 · Wk 45 Wed Instructional operations I**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — SMS / CRM	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — professional standards	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Primary instruction sorties (as CFI)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Primary instruction sorties (as CFI)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

SMS / CRM

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: SMS / CRM
- Fly or simulate to standard: Primary instruction sorties (as CFI)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Primary instruction sorties (as CFI); pre-read professional standards; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 312 · Wk 45 Thu Instructional operations I**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — professional standards	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — SMS / CRM	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Primary instruction sorties (as CFI)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Primary instruction sorties (as CFI)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

professional standards

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: professional standards
- Fly or simulate to standard: Primary instruction sorties (as CFI)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Primary instruction sorties (as CFI); pre-read SMS / CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 313 · Wk 45 Fri Instructional operations I**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — SMS / CRM	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — professional standards	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Primary instruction sorties (as CFI)	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Primary instruction sorties (as CFI)	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

SMS / CRM

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: SMS / CRM
- Fly or simulate to standard: Primary instruction sorties (as CFI)
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Primary instruction sorties (as CFI); pre-read professional standards; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 314 · Wk 45 Sat Instructional operations I

PHASE III → FTU

Saturday half day (6 h) · 0600–1200 · Standard duty day

Hour by hour

Time	Activity	Location / Notes
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Primary instruction sorties (as CFI)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

professional standards

FLIGHT

Primary instruction sorties (as CFI)

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Primary instruction sorties (as CFI)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 315 · Wk 45 Sun Instructional operations I

PHASE III → FTU

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

SMS / CRM

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 46

Instructional operations II

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

Day 316 · Wk 46 Mon Instructional operations II**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — MEI prep (optional track)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — MEI prep (optional track)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Instrument instruction sorties	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Instrument instruction sorties	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

Instrument instruction sorties

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: MEI prep (optional track)
- Fly or simulate to standard: Instrument instruction sorties
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Instrument instruction sorties; pre-read MEI prep (optional track); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 317 · Wk 46 Tue Instructional operations II**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — MEI prep (optional track)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — MEI prep (optional track)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME teaching prep	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME teaching prep	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

ME teaching prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: MEI prep (optional track)
- Fly or simulate to standard: ME teaching prep
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME teaching prep; pre-read MEI prep (optional track); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 318 · Wk 46 Wed Instructional operations II**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — MEI prep (optional track)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — MEI prep (optional track)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Instrument instruction sorties	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Instrument instruction sorties	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

Instrument instruction sorties

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: MEI prep (optional track)
- Fly or simulate to standard: Instrument instruction sorties
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Instrument instruction sorties; pre-read MEI prep (optional track); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 319 · Wk 46 Thu Instructional operations II**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — MEI prep (optional track)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — MEI prep (optional track)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — ME teaching prep	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — ME teaching prep	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

ME teaching prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: MEI prep (optional track)
- Fly or simulate to standard: ME teaching prep
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly ME teaching prep; pre-read MEI prep (optional track); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 320 · Wk 46 Fri Instructional operations II**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — MEI prep (optional track)	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — MEI prep (optional track)	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Instrument instruction sorties	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Instrument instruction sorties	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

Instrument instruction sorties

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: MEI prep (optional track)
- Fly or simulate to standard: Instrument instruction sorties
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Instrument instruction sorties; pre-read MEI prep (optional track); 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 321 · Wk 46 Sat Instructional operations II

PHASE III → FTU

Saturday half day (6 h) · 0600–1200 · Standard duty day

Hour by hour

Time	Activity	Location / Notes
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — ME teaching prep	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

MEI prep (optional track)

FLIGHT

ME teaching prep

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: ME teaching prep
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 322 · Wk 46 Sun Instructional operations II

PHASE III → FTU

Sunday — liberty / recovery · No scheduled duty

Hour by hour

Time	Activity	Location / Notes
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

MEI prep (optional track)

Objectives

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

Completion standard

Crew rest logged and gear inspection passed.

Homework

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

References

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 47

MEI & time building

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

MEI checkride (if on track)

Day 323 · Wk 47 Mon MEI & time building**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

MEI checkride (if on track)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — MEI checkride window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — MEI checkride window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — MEI checkride window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

MEI checkride window

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP mins audit — hours remaining
- Fly or simulate to standard: MEI checkride window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly MEI checkride window; pre-read ATP mins audit — hours remaining; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 324 · Wk 47 Tue MEI & time building**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — XC time building	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — XC time building	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — XC time building	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

XC time building

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP mins audit — hours remaining
- Fly or simulate to standard: XC time building
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly XC time building; pre-read ATP mins audit — hours remaining; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 325 · Wk 47 Wed MEI & time building**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — MEI checkride window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — MEI checkride window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — MEI checkride window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

MEI checkride window

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP mins audit — hours remaining
- Fly or simulate to standard: MEI checkride window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly MEI checkride window; pre-read ATP mins audit — hours remaining; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 326 · Wk 47 Thu MEI & time building**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — XC time building	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — XC time building	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — XC time building	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

XC time building

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP mins audit — hours remaining
- Fly or simulate to standard: XC time building
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly XC time building; pre-read ATP mins audit — hours remaining; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 327 · Wk 47 Fri MEI & time building**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — MEI checkride window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — MEI checkride window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — MEI checkride window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

MEI checkride window

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP mins audit — hours remaining
- Fly or simulate to standard: MEI checkride window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly MEI checkride window; pre-read ATP mins audit — hours remaining; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 328 · Wk 47 Sat MEI & time building**PHASE III → FTU**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — XC time building	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

ATP mins audit — hours remaining

FLIGHT

XC time building

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: XC time building
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 329 · Wk 47 Sun MEI & time building**PHASE III → FTU**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ATP mins audit — hours remaining

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 48 **Assignment readiness**

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

FTU review — ATP eligibility check

Day 330 · Wk 48 Mon Assignment readiness**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

MILESTONES THIS WEEK

FTU review — ATP eligibility check

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Air carrier ops intro	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — 121/135 overview	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Consolidation & PIC XC	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Consolidation & PIC XC	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Air carrier ops intro

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Air carrier ops intro
- Fly or simulate to standard: Consolidation & PIC XC
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Consolidation & PIC XC; pre-read 121/135 overview; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 331 · Wk 48 Tue Assignment readiness**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — 121/135 overview	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Air carrier ops intro	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Consolidation & PIC XC	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Consolidation & PIC XC	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

121/135 overview

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: 121/135 overview
- Fly or simulate to standard: Consolidation & PIC XC
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Consolidation & PIC XC; pre-read Air carrier ops intro; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 332 · Wk 48 Wed Assignment readiness**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Air carrier ops intro	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — 121/135 overview	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Consolidation & PIC XC	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Consolidation & PIC XC	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Air carrier ops intro

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Air carrier ops intro
- Fly or simulate to standard: Consolidation & PIC XC
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Consolidation & PIC XC; pre-read 121/135 overview; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 333 · Wk 48 Thu Assignment readiness**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — 121/135 overview	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — Air carrier ops intro	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Consolidation & PIC XC	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Consolidation & PIC XC	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

121/135 overview

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: 121/135 overview
- Fly or simulate to standard: Consolidation & PIC XC
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Consolidation & PIC XC; pre-read Air carrier ops intro; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 334 · Wk 48 Fri Assignment readiness**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — Air carrier ops intro	Phase I classroom · Phase II–III chair-fly & mission planning
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Academics II — 121/135 overview	105 min — systems, regs, chart work, oral prep
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning — Consolidation & PIC XC	W&B, nav log, risk sheet; IP sign-off before engine start
1230	Flight block A — Consolidation & PIC XC	90 min — dual, solo, or stage check
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B — Chair-fly / flows lab	75 min — second wave or FTD
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written prep
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Air carrier ops intro

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Air carrier ops intro
- Fly or simulate to standard: Consolidation & PIC XC
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet meets the lesson tolerances with normal coaching; deficiencies carried to the next flight-room block.

HOMEWORK

Chair-fly Consolidation & PIC XC; pre-read 121/135 overview; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 335 · Wk 48 Sat Assignment readiness**PHASE III → FTU**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Consolidation & PIC XC	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

121/135 overview

FLIGHT

Consolidation & PIC XC

SIM / FTD

Chair-fly / flows lab

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Consolidation & PIC XC
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 336 · Wk 48 Sun Assignment readiness

PHASE III → FTU

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Air carrier ops intro

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 49

ATP-CTP indoctrination

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

FTU start — jet transition (ATP-CTP) · ATP written prep

Day 337 · Wk 49 Mon ATP-CTP indoctrination**PHASE III → FTU**

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

FTU start — jet transition (ATP-CTP) · ATP written prep

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP academics — high-altitude, 121 ops, CRM	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP academics — high-altitude, 121 ops, CRM	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP academics — high-altitude, 121 ops, CRM	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP academics — high-altitude, 121 ops, CRM

- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP academics — high-altitude, 121 ops, CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 338 · Wk 49 Tue ATP-CTP indoctrination**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP academics — high-altitude, 121 ops, CRM	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP academics — high-altitude, 121 ops, CRM	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP academics — high-altitude, 121 ops, CRM	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP academics — high-altitude, 121 ops, CRM
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP academics — high-altitude, 121 ops, CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 339 · Wk 49 Wed ATP-CTP indoctrination**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP academics — high-altitude, 121 ops, CRM	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP academics — high-altitude, 121 ops, CRM	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP academics — high-altitude, 121 ops, CRM	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP academics — high-altitude, 121 ops, CRM
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP academics — high-altitude, 121 ops, CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 340 · Wk 49 Thu ATP-CTP indoctrination**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP academics — high-altitude, 121 ops, CRM	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP academics — high-altitude, 121 ops, CRM	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP academics — high-altitude, 121 ops, CRM	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP academics — high-altitude, 121 ops, CRM
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP academics — high-altitude, 121 ops, CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 341 · Wk 49 Fri ATP-CTP indoctrination

PHASE III → FTU

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP academics — high-altitude, 121 ops, CRM	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP academics — high-altitude, 121 ops, CRM	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP academics — high-altitude, 121 ops, CRM	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP academics — high-altitude, 121 ops, CRM
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP academics — high-altitude, 121 ops, CRM; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 342 · Wk 49 Sat ATP-CTP indoctrination

PHASE III → FTU

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Flight-room study (weather hold)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Jet FTD intro sessions

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Flight-room study (weather hold)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 343 · Wk 49 Sun ATP-CTP indoctrination

PHASE III → FTU

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ATP-CTP academics — high-altitude, 121 ops, CRM

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 50

ATP-CTP sim intensive

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

ATP-CTP mid-course exam

Day 344 · Wk 50 Mon ATP-CTP sim intensive

PHASE III → FTU

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

MILESTONES THIS WEEK

ATP-CTP mid-course exam

HOURLY SCHEDULE

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP continued	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — LOFT briefing	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — LOFT briefing	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP continued

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP continued
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written

- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read LOFT briefing; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 345 · Wk 50 Tue ATP-CTP sim intensive**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — LOFT briefing	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP continued	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP continued	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

LOFT briefing

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: LOFT briefing
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP continued; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 346 · Wk 50 Wed ATP-CTP sim intensive**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP continued	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — LOFT briefing	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — LOFT briefing	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP continued

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP continued
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read LOFT briefing; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 347 · Wk 50 Thu ATP-CTP sim intensive

PHASE III → FTU

Duty day (12 h) · 0600-1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — LOFT briefing	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — ATP-CTP continued	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — ATP-CTP continued	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

LOFT briefing

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: LOFT briefing
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read ATP-CTP continued; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 348 · Wk 50 Fri ATP-CTP sim intensive**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Ground-intensive (written exam week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Academics I — ATP-CTP continued	Classroom / CBT lab (OSS scheduled)
0930	Break · study hall	15 min — flash cards, English drill
0945	Academics II — LOFT briefing	105 min — systems, regs, chart work
1130	Lunch	30 min working meal
1200	Academics III — LOFT briefing	Exam-prep block; practice written under time
1500	Written exam or progress test	Graded; 80% minimum to pass
1600	Optional proficiency sortie — Flight-room study (weather hold)	45 min if weather and aircraft allow
1645	Flight room / study hall	Mandatory review of missed exam items
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP-CTP continued

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP-CTP continued
- Fly or simulate to standard: Flight-room study (weather hold)
- Score 80% or better on the scheduled written
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Written passed at 80% or better; missed items reviewed before release.

HOMEWORK

Chair-fly Flight-room study (weather hold); pre-read LOFT briefing; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 349 · Wk 50 Sat ATP-CTP sim intensive**PHASE III → FTU**

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — Flight-room study (weather hold)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

LOFT briefing

FLIGHT

Flight-room study (weather hold)

SIM / FTD

Full-motion or FTD LOFT profiles

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: Flight-room study (weather hold)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 350 · Wk 50 Sun ATP-CTP sim intensive**PHASE III → FTU**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ATP-CTP continued

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 51**ATP-CTP completion**

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

ATP-CTP graduation certificate · ATP written passed

GATES DUE

ATP-CTP graduation

Day 351 · Wk 51 Mon ATP-CTP completion**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

ATP-CTP graduation certificate · ATP written passed

GATE DUE THIS WEEK

ATP-CTP graduation

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical prep (if in aircraft)	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical prep (if in aircraft)	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical prep (if in aircraft)	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP knowledge test
- Fly or simulate to standard: ATP practical prep (if in aircraft)
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical prep (if in aircraft); pre-read ATP knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 352 · Wk 51 Tue ATP-CTP completion**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical prep (if in aircraft)	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical prep (if in aircraft)	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical prep (if in aircraft)	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP knowledge test
- Fly or simulate to standard: ATP practical prep (if in aircraft)
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical prep (if in aircraft); pre-read ATP knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 353 · Wk 51 Wed ATP-CTP completion**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical prep (if in aircraft)	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical prep (if in aircraft)	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical prep (if in aircraft)	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP knowledge test
- Fly or simulate to standard: ATP practical prep (if in aircraft)
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical prep (if in aircraft); pre-read ATP knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 354 · Wk 51 Thu ATP-CTP completion**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical prep (if in aircraft)	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical prep (if in aircraft)	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical prep (if in aircraft)	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: ATP knowledge test
- Fly or simulate to standard: ATP practical prep (if in aircraft)
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical prep (if in aircraft); pre-read ATP knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 355 · Wk 51 Fri ATP-CTP completion**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical prep (if in aircraft)	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical prep (if in aircraft)	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical prep (if in aircraft)	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: ATP knowledge test
- Fly or simulate to standard: ATP practical prep (if in aircraft)
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical prep (if in aircraft); pre-read ATP knowledge test; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 356 · Wk 51 Sat ATP-CTP completion

PHASE III → FTU

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — ATP practical prep (if in aircraft)	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

ATP knowledge test

FLIGHT

ATP practical prep (if in aircraft)

SIM / FTD

ATP-CTP final sim check

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: ATP practical prep (if in aircraft)
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 357 · Wk 51 Sun ATP-CTP completion

PHASE III → FTU

Sunday — liberty / recovery · No scheduled duty

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

ATP knowledge test

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

WEEK 52 **Wings of gold — graduation**

Phase III → FTU — FTU transition & graduation · Target: MEI (opt.) · ATP-CTP · ATP

MILESTONES

ATP checkride · UPT graduation ceremony · Class 26-Alpha complete

GATES DUE

ATP checkride

Day 358 · Wk 52 Mon Wings of gold — graduation**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

MILESTONES THIS WEEK

ATP checkride · UPT graduation ceremony · Class 26-Alpha complete

GATE DUE THIS WEEK

ATP checkride

HOURLY BY HOUR

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical test window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical test window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical test window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program debrief

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program debrief
- Fly or simulate to standard: ATP practical test window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical test window; pre-read records package for employers / conversion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 359 · Wk 52 Tue Wings of gold — graduation**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical test window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical test window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical test window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

records package for employers / conversion

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: records package for employers / conversion
- Fly or simulate to standard: ATP practical test window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical test window; pre-read Program debrief; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 360 · Wk 52 Wed Wings of gold — graduation**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical test window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical test window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical test window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program debrief

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program debrief
- Fly or simulate to standard: ATP practical test window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical test window; pre-read records package for employers / conversion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 361 · Wk 52 Thu Wings of gold — graduation**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — maintenance mobility & core	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical test window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical test window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical test window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

records package for employers / conversion

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

maintenance mobility & core

OBJECTIVES

- Demonstrate the day's academic objective: records package for employers / conversion
- Fly or simulate to standard: ATP practical test window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical test window; pre-read Program debrief; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 362 · Wk 52 Fri Wings of gold — graduation**PHASE III → FTU**

Duty day (12 h) · 0600–1800 · Flight-heavy (checkride week)

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & accountability	Parade field — flight leader reports to ops
0615	Physical training — scored PT (push-ups, plank, run)	45 min; scored against entry standards
0700	Shower · breakfast · change	30 min working meal; into duty or flight uniform
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadet briefs, IP corrects
0800	Oral prep / mock oral	90 min — ACS areas of operation, aircraft systems
0930	Chair-fly checkride profile	Flows, callouts, emergency procedures
1030	Mission planning — ATP practical test window	W&B, performance, nav log, risk sheet; IP sign-off
1130	Lunch	30 min — change to flight uniform
1200	Flight block A — ATP practical test window	Checkride profile or practical test
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight block B — ATP practical test window	Second wave; checkride prep priority
1630	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
1700	Mock oral / deficiency review	Mandatory until 1800
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins; quiet hours 2200

GROUND / ACADEMICS

Program debrief

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

scored PT (push-ups, plank, run)

OBJECTIVES

- Demonstrate the day's academic objective: Program debrief
- Fly or simulate to standard: ATP practical test window
- Meet MEI (opt.) · ATP-CTP · ATP checkride tolerances on every ACS task attempted
- Brief and debrief using standard callouts and CRM discipline

COMPLETION STANDARD

Cadet performs at MEI (opt.) · ATP-CTP · ATP standard without instructor intervention.

HOMEWORK

Chair-fly ATP practical test window; pre-read records package for employers / conversion; 20 flash cards on today's systems block.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 363 · Wk 52 Sat Wings of gold — graduation

PHASE III → FTU

Saturday half day (6 h) · 0600–1200 · Standard duty day

HOURLY

TIME	ACTIVITY	LOCATION / NOTES
0600	Formation & PT	45 min — scored for the monthly standard
0700	Breakfast	—
0730	Flight line · primary wave — ATP practical test window	Solo XC, IR XC, or commercial long XC
1030	Debrief & logbook	Same-day logging required
1130	Aircraft & gear turn-in	Squawks to maintenance; kneeboard reset
1200	Release · off duty	Laundry, gear, personal time

GROUND / ACADEMICS

records package for employers / conversion

FLIGHT

ATP practical test window

SIM / FTD

As required for ATP checkride

PHYSICAL TRAINING

monthly standard

OBJECTIVES

- Fly the scheduled profile: ATP practical test window
- Log the flight the same day (14 CFR §61.51)
- Meet the monthly PT standard

COMPLETION STANDARD

Profile flown to standard, logbook current, squawks reported before release.

HOMEWORK

Chair-fly Monday's profile; update personal minimums sheet.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program

Day 364 · Wk 52 Sun Wings of gold — graduation**PHASE III → FTU**

Sunday — liberty / recovery · No scheduled duty

HOURLY BY HOURLY

TIME	ACTIVITY	LOCATION / NOTES
—	No scheduled duty	Recovery day — crew rest protected
0900	Optional worship / off-base pass	Sign out with flight leader
1900	Weekly gear & uniform inspection	Quartermaster standard — see Quartermaster SOP
2000	Monday detail sheet posted	Flight leader publishes next week's 12-hour schedule
2200	Quiet hours	Lights out; 12 h crew rest before Monday 0600

GROUND / ACADEMICS

Program debrief

OBJECTIVES

- Complete 12 h crew rest before Monday duty
- Pass weekly gear and uniform inspection
- Review the posted detail sheet for the coming week

COMPLETION STANDARD

Crew rest logged and gear inspection passed.

HOMEWORK

Pre-read next week's academic block; lay out uniform and gear for Monday 0600.

REFERENCES

- FAA-H-8083-9 AIH
- ATP & Type Rating ACS
- AC 61-138 ATP-CTP · 14 CFR §61.156
- Pilatus PC-12 POH · PilotRules PC-12 Training Program