



LESSON CODE / NUMBER		LESSON TITLE		PLANNED TIME	
KIND ☐ Ground ☐ Simulator ☐ Flight (dual) ☐ Flight (solo) ☐ Check / test					
DATE	AIRCRAFT / SIM	N - NUMBER	AIRPORT	WEATHER	
HOBBS OUT	HOBBS IN	TACH OUT	TACH IN	GROUND / BRIEF	
OBJECTIVE (ONE SENTENCE)					
STUDY DONE BEFORE ARRIVING (TICK EACH; WRITE THE CHAPTER OR SECTION)					
☐ PHAK (FAA-H-8083-25C) chapter					
☐ Airplane Flying Handbook (FAA-H-8083-3C) chapter					
☐ AIM paragraph(s)					
☐ 14 CFR section(s)					
☐ Other (ACS task, POH section, AC)					
SIMULATOR PROFILE FLOWN					
☐ Profile flown by checklist, calls said out loud, debrief written					
What went wrong in the sim (be specific: speeds, altitudes, radio):					
ACS TASKS THIS LESSON – MET TO STANDARD?					
Task (write it in, e.g. IV.B Normal takeoff and climb)	Met	Repeat	Notes		
	☐	☐			
	☐	☐			
	☐	☐			
	☐	☐			
COMPLETION STANDARDS (WRITE THE TOLERANCE; TICK WHEN MET)					
☐					
☐					
☐					
DEBRIEF – HONEST SELF-ASSESSMENT					
Three things that went well			Three things to fix next time		
BEFORE THE NEXT LESSON (READ, REHEARSE, PRACTICE)					
DUAL HRS	SOLO HRS	SIM HRS	GROUND HRS	STUDENT INITIALS	CFI INITIALS



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AIM paragraph(s)

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14 CFR section(s)

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Met

Repeat

Notes

☐☐☐☐☐☐☐☐

COMPLETION STANDARDS (WRITE THE TOLERANCE; TICK WHEN MET)

☐☐☐

DEBRIEF – HONEST SELF-ASSESSMENT

Three things that went well

Three things to fix next time

BEFORE THE NEXT LESSON (READ, REHEARSE, PRACTICE)

DUAL HRS

SOLO HRS

SIM HRS

GROUND HRS

STUDENT INITIALS

CFI INITIALS



Training log

One line per lesson. Carry the totals to the requirements tracker at the bottom.

Date	Lesson / what we did	Aircraft	Dual	Solo	Sim	Ground	CFI

Hours toward the Private Pilot certificate — 14 CFR 61.109(a)

Requirement	Required	Logged	Remaining	Date met
Total flight time	40			
Dual instruction	20			
Solo flight time	10			
Cross-country training (dual)	3			
Night training (dual), incl. a >100 nm XC and 10 full-stop landings	3			
Instrument training (dual)	3			
Checkride prep with instructor, within 2 calendar months	3			
Solo cross-country, incl. one 150-nm flight with 3 full-stop landings	5			
Solo takeoffs and landings at a towered airport (full stop)	3			

Minimums are from 14 CFR 61.109(a) for airplane single-engine; most students need 60-75 hours to reach checkride standards. Verify each item against the current regulation with your instructor.

How to use this

With our syllabus and workbook: write the lesson code (G1-G4, F1-F26, C1-C4) in the first box, copy the ACS tasks and completion standards from that lesson's page, tick the study references as you finish them, and fly the simulator profile before you arrive. This sheet then matches the workbook page for page.

Without them, with any other syllabus or none: sit down with your instructor before the flight and fill in the objective, the tasks, and the standards together. Ten minutes on the ground turns an hour in the airplane from a demonstration into a lesson.

Either way, keep every sheet. Written objectives, standards met, and an honest debrief are what let you see your own progress, catch a stalled lesson early, and know exactly what each hour bought. Take control of your aviation journey and your finances.