

# MY PERSONAL CHECKLIST

I

## ILLNESS

Am I in good health?

M

## MEDICATION

Am I free of being affected by medication?

S

## STRESS

Am I emotionally balanced?

Is my stress level low?

A

## ALCOHOL & DRUGS

Am I sober?

F

## FATIGUE

Am I well-rested?

E

## EATING

Did I eat and drink enough?

If all answers are **YES**:

Go flying! Happy and safe landings!

If any answer is **NO**:

Follow the QR-Code/weblink for further guidance.

In **DOUBT**: Don't fly!

