

Cross-Country Self Assessment Checklist

AvSport students are encouraged to fill out this self-assessment form after completing each solo cross-country flight. For each leg of the trip, evaluate yourself objectively on a scale of 1 to 10 for enroute navigation (where 1 indicates "hopelessly lost," and 10 represents "totally on target"). And, for each landing performed, similarly rate yourself on a scale of 1 to 10 (where 10 means "I didn't even feel it touch down," and 1 indicates "I landed so hard I broke the airplane"). For any score of 5 or less, you should ask yourself what went wrong, and what you could have done differently. You are encouraged, but not required, to share your self-assessment scores with your flight instructor.

	Student	•	Aircraf	<u>``t</u>	Date
Leg:	<u>1</u>		<u>2</u>		<u>3</u>
From:		-			
To:		-			
Enroute Score:		-			
Landing Score:		_			
Notes:		-			
		- -			
		- -			
		-			