

Closing Your Flight Plan

Focus Interrupter Suggestions from Pilots

Low Tech Focus Interrupters

Post-it Notes:

- On car steering wheel
- By light switch in the hangar
- On car's rear view mirror
- On car's ignition key
- On credit card

Larger Signs:

- On seat of your car
- On hangar exit door

More permanent reminders:

- Luggage tag with reminder on your knee board
- Luggage tag with reminder on your luggage
- Luggage tag with reminder on your gust lock
- Reminder line on shut-down checklist
- Sign at airport exit

Hi-Tech Focus Interrupters

- Set an alarm to ring on your cell phone or watch a few minutes after your ETA
- Have your phone send you a reminder message
- Put a "Close Flight Plan" sign as background on your cell phone

Physical Focus interrupters

- Washable ink reminder on your hand
- Turn your watch around
- Reverse where you normally put watch, or wallet or cell phone
- Add safety pin to clothing
- Put rubber band around your car keys or on your wrist