ZINO AVIATION

PROFESSIONAL TRAINING SERIES · FLIGHT CREW / TYPE-RATING PREPARATION

COURSE B737-PREP · SELF-STUDY WORKBOOK

Self-Study Workbook

Memory items, limitations and callouts — completed by you from your operator's current documents

Twenty-four chapters, one aircraft family, two pilots — and the habit of confirming what the aircraft is doing before you trust it.

COURSE CODE	DOCUMENT	STATUS	EDITION
B737-PREP	Self-Study Workbook	Review draft	Version 1.1 October 2026

Prepared by Zino Aviation Learning Development · Preparation material for pilots about to attend formal Boeing 737 type-rating training · Not an approved type-rating course, not approved or endorsed by The Boeing Company or any aviation authority, and confers no licence, rating, privilege or training credit · The operator's FCOM, FCTM, QRH and AFM, and the receiving ATO's syllabus, govern in every case

Self-Study Workbook: Memory Items, Limitations and Callouts

This workbook gives you a structure for building your own reference of the recall (memory) items, limitations and standard callouts you will need on your type-rating course. It is deliberately empty. You complete it — by hand or typed — from the current revision of your operator's or ATO's quick reference handbook (QRH), flight crew operations manual (FCOM) and standard operating procedures, and you ask your instructor to check it.

READ THIS FIRST

Copy only from the current controlled documents issued to you by your ATO or operator — never from a video, a forum, someone else's notes or an older manual. This workbook is a study aid: in the simulator and on the aircraft you use the QRH and FCOM, not this workbook. Nothing in it is approved by Boeing or by any authority.

How to use it

1. Obtain the current QRH, FCOM limitations chapter and SOPs from your ATO or operator, and record their revision numbers and dates on the document control page.
2. Copy each item word for word, including its conditions ("if ...", "when ..."): the conditions are part of the item.
3. For each non-normal checklist, copy only the steps your QRH marks as recall items; the steps after that point are reference items, read from the checklist.
4. Mark the limitations your operator requires you to know from memory, as shown in your FCOM.
5. Ask your instructor to check the completed workbook against the documents and sign the document control page.
6. Practise recall out loud, at increasing intervals, and record it in the practice log (Chapter 24 explains why spaced retrieval practice works (Dunlosky et al., 2013)).
7. When any of your documents is revised, check every page against the new revision before relying on it again.

WHY THE WORKBOOK IS BLANK

Recall items and limitations differ between 737 variants, engine and equipment options, operators and revisions, and they change. A list copied from elsewhere can be wrong for your aircraft and your operator without your knowing it. The only safe source is the current controlled document, so this workbook supplies the structure and leaves the content to that document (Chapters 2 and 19).

Document control

Name	
ATO / operator	
Aircraft variant and engines (as stated in your documents)	
QRH — revision number and date	
FCOM (limitations) — revision number and date	
SOPs / operations manual — revision number and date	
Checked by (instructor): name, signature, date	
Re-checked after a revision: date and revision	

Zino Aviation original work. Free for learners enrolled on B737-PREP to print, copy and complete. Contains no Boeing or operator text or data.

Part A — Recall (memory) items

One row per non-normal checklist that your QRH says has recall items. Write the checklist title and QRH reference, the condition that triggers it, and the recall steps exactly as written. Tick when your instructor has checked the row.

#	CHECKLIST TITLE, QRH REFERENCE AND CONDITION	RECALL STEPS — EXACT WORDING FROM YOUR QRH	CHECKED
1			
2			
3			
4			
5			
6			
7			

#	CHECKLIST TITLE, QRH REFERENCE AND CONDITION	RECALL STEPS — EXACT WORDING FROM YOUR QRH	CHECKED
8			
9			
10			
11			
12			
13			
14			

Part B — Limitations

Record each limitation as your FCOM (and, where it applies, the AFM) states it, with its units and section reference. Mark Y in the Memory column only where your operator requires the limitation to be known from memory. The headings are only a filing system; your FCOM decides what belongs under each.

Operating envelope and environment

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Weights (for your airframe)

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Airspeeds and Mach numbers

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Flight controls, flaps and slats

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Landing gear and brakes

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Autoflight and automatic landing

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Engines and thrust reversers

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Auxiliary power unit (APU)

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Fuel

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Air conditioning, bleed air and pressurisation

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Ice and rain protection

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Communications, navigation and other systems

LIMITATION	VALUE AND UNITS	FCOM / AFM REFERENCE	MEMORY (Y/N)	CHECKED

Part C — Standard callouts

Standard callouts belong to your operator's SOPs and differ between operators, so copy them from your own SOPs only. Record who makes the call, the words exactly as written and the expected response.

SITUATION OR TRIGGER	CALLOUT (EXACT WORDS)	WHO CALLS (PF / PM)	RESPONSE	SOP REFERENCE

Part D — Recall practice log

Practise aloud and without looking, then check against the QRH, FCOM or SOP — not against this workbook alone. Start on the day you write an item, then return to it at increasing intervals. Record what you got right first time and what to re-study; anything still uncertain goes into your individual development plan (Chapter 24).

DATE	ITEMS PRACTISED (PART AND ROW NUMBERS)	CORRECT FIRST TIME	ITEMS TO RE-STUDY	NEXT PRACTICE