DRIVER TRAINING SCHOOL

DRIVING LOG

REMEMBER — EVERY TRIP COUNTS!

START OF EACH DRIVE:

- Check yourself! Be mentally and physically ready.
- Walk around to inspect the car.
- Review the last drive, and future focus areas.
- Buckle up, focus, phones off!

END OF EACH DRIVE:

- Teen to self-rate their anxiety from 1–10.
- Teen: What three things went well?
- Teen: What one thing could be improved on?
- Schedule the next practice session.

DATE	DRIVING TIME	DRIVING CONDITIONS	SKILLS PRACTICED	STRENGTHS	FUTURE FOCUS AREA
11/16	1 hr.	nighttime	Turns in city traffic, following distance, smooth steering	Keeping back far enough from car ahead	Smoother steering Looking farther ahead

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