Please indicate below which practices you follow and which ones need further improvement.

**Inspected by:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **HABIT** | **YES** | **IMPROVEMENT NEEDED** |
|  | | |
| **DRIVING PREPAREDNESS** | | |
| You drive with your seat belt on. |  |  |
| You adjust your head rest before driving. |  |  |
| You lock your doors before moving the vehicle. |  |  |
| You drive with your headlights on at all times. |  |  |
| **ANTICIPATION** | | |
| You assure that your intended path is clear of hazards. |  |  |
| You look in the intended direction of the vehicle before turning. |  |  |
| You anticipate and prepare for upcoming hazards. |  |  |
| You keep your focus as far ahead as possible. |  |  |
| You consider changes you may need to make and whether they will increase your risk. |  |  |
| **FOLLOWING DISTANCE** | | |
| You stay aware of your stopping distance and calculate an appropriate stopping distance, including a safety cushion. |  |  |
| When approaching a vehicle ahead of you, you close in gradually. |  |  |
| When stopped behind a vehicle, you can see its rear tires touching the road. |  |  |
| **HABIT** | **YES** | **IMPROVEMENT NEEDED** |
|  | | |
| **AWARENESS OF SURROUNDINGS** | | |
| You know the exact position of your vehicle on the road at all times. |  |  |
| You know where your vehicle is in relation to intersections and objects along your path of traffic. |  |  |
| You check your rear-view mirror whenever you apply the brakes. |  |  |
| You check your mirrors and blind spots before changing lanes. |  |  |
| You check all mirrors continuously when backing up. |  |  |
| You understand and picture the traffic behind you at all times. |  |  |
| **CAREFUL DRIVING** | | |
| You make smooth, effective starts, stops, and steering actions. |  |  |
| On the highway, you pass only when it is safe and necessary. |  |  |
| You check your left, front, and right before entering intersections. |  |  |
| You gradually reduce your speed when approaching a stop. |  |  |

**Comments:**

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