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!

DRIVING LOG

Remember—every trip counts!

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

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DATE	DRIVING TIME	DRIVING CONDITIONS	SKILLS PRACTICED	STRENGTHS	FUTURE FOCUS AREA

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