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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