



## Mind the Road. Mind your Mind.

Are you a distracted driver? Circle the answer that best applies to you.

While driving, how often do you...

- |                                                                                                                                                    |              |                  |                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------|-------------------|
| 1. Forget to adjust the mirrors and seats, select entertainment options and other controls, or find the lights and turn signal before driving off? | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 2. Focus attention on passengers, especially when they are arguing or being unruly, rather than concentrate on the task of driving?                | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 3. Eat food or drink beverages?                                                                                                                    | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 4. Use a cell phone to conduct serious business or deal with complicated family issues?                                                            | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 5. Change the radio, CD, or tape while driving?                                                                                                    | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 6. Shave, put on make up, or attend to other personal grooming tasks?                                                                              | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 7. Carry pets, plants, loose objects or cargo, or other miscellaneous items in your car?                                                           | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 8. Read a road map, newspaper, or work report?                                                                                                     | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 9. Prepare for an upcoming business meeting?                                                                                                       | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |
| 10. Write notes to remind yourself of tasks you need to get done?                                                                                  | <b>Never</b> | <b>Sometimes</b> | <b>Frequently</b> |

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Your Score – give yourself:

3 points for each **Never**  
2 points for each **Sometimes**  
0 points for each **Frequently**

If You Scored:

**25 - 30** = Great job!  
**15 - 25** = Room for improvement  
**0 - 15** = At risk