



## 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?  
**Never**                      **Sometimes**                      **Frequently**
2. Focus attention on passengers, especially when they are arguing or being unruly, rather than concentrate on the task of driving?  
**Never**                      **Sometimes**                      **Frequently**
3. Eat food or drink beverages?  
**Never**                      **Sometimes**                      **Frequently**
4. Use a cell phone to conduct serious business or deal with complicated family issues?  
**Never**                      **Sometimes**                      **Frequently**
5. Change the radio, CD, or tape while driving?  
**Never**                      **Sometimes**                      **Frequently**
6. Shave, put on make up, or attend to other personal grooming tasks?  
**Never**                      **Sometimes**                      **Frequently**
7. Carry pets, plants, loose objects or cargo, or other miscellaneous items in your car?  
**Never**                      **Sometimes**                      **Frequently**
8. Read a road map, newspaper, or work report?  
**Never**                      **Sometimes**                      **Frequently**
9. Prepare for an upcoming business meeting?  
**Never**                      **Sometimes**                      **Frequently**
10. Write notes to remind yourself of tasks you need to get done?  
**Never**                      **Sometimes**                      **Frequently**

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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