

Behind-the-Wheel
Workbook for Driving Lessons

SAMPLE



Behind-The-Wheel
Logbook for
Parent Guided Practice



This workbook together with the Behind-the-Wheel Guide are part of the Parent Involvement Project 2000.

Student Driving Log

FIFTEEN GOOD DRIVING HABITS

BY FREDERIK R. MOTTOLA

NATIONAL INSTITUTE FOR DRIVER BEHAVIOR

Recording your student driver's behind-the-wheel practice sessions will help you better assess and analyze your time spent together.

An example of how to use the student driving log follows:
Your son/daughter's (student's) traffic safety education

Date	Driving Time (Duration)	BTW Lesson/ Skills Practiced	Driving Environment	Time of Day	Adult's Initials
12/21/99	30 minutes	Lesson 3-parking uphill	Rural county driving	9 AM	JH
12/29/99	30 minutes	Lesson 3-angle parking	Downtown parking lot	3 PM	JH
1/3/00	30 minutes	Lesson 4-lane changing	Downtown city driving	3 PM	DH
1/7/00	30 minutes	Lesson 4-following time	City, hwy, fwy driving	7 PM	JH
1/19/00	30 minutes	Lesson 6-freeways	Interstate fwy driving	11AM	DH

teacher may have her/his own log sheet.

Use the following pages for your own records.

Please make copies of the next blank student driving log pages.

Good luck.

1. Get Driver-Vehicle Readiness: Driver Fitness, Safety Belts on, Doors Locked, Headlights On.
2. Make smooth, gradual starts and stops.
3. Use reference points to know exactly where your car is positioned.
4. Before putting your foot on the gas pedal, see that the targeting path is clear.
5. Visualize where the vehicle will be at least 12-15 seconds before it arrives there.
6. Become alerted to changes to your LOS-POT (Line of Sight and Path of Travel)
7. When your LOS-POT becomes restricted, reduce your speed.
8. Adjust speed and position to keep empty space to the side.
9. When you see a red light, reduce speed to time your arrival into a green light.
10. Before entering any intersection, check that the left, front and right zones are clear.
11. When your foot goes on the brake, check the rearview mirror.
12. Before moving your vehicle to either side, check your blind spots.
13. Keep four seconds of following time form the front vehicle.
14. When stopped behind a vehicle, see its rear tires touching the road.
15. Reduce stress and empower yourself by being courteous, rather than competitive, while driving.

