

MIND THE ROAD. MIND YOUR MIND.



A public education campaign to improve driver, pedestrian and bicyclist behavior.

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

While driving, how often do you...

1. Talk on a cell phone, other than in an emergency?
Never *Sometimes* *Frequently*
2. Text, e-mail, use the internet, play games on your phone, or use other devices?
Never *Sometimes* *Frequently*
3. 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*
4. Focus attention on passengers, especially when they are arguing or being unruly, rather than concentrate on the task of driving?
Never *Sometimes* *Frequently*
5. Eat food or drink beverages?
Never *Sometimes* *Frequently*
6. Change the radio or CD while driving?
Never *Sometimes* *Frequently*
7. Program the GPS while driving?
Never *Sometimes* *Frequently*
8. Shave, put on makeup, or attend to other personal grooming tasks?
Never *Sometimes* *Frequently*
9. Carry pets, plants, loose objects or cargo, or other miscellaneous items in your car?
Never *Sometimes* *Frequently*
10. Read a road map, newspaper, or work report?
Never *Sometimes* *Frequently*
11. Prepare for an upcoming meeting?
Never *Sometimes* *Frequently*

Your Score – give yourself:

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

If You Scored:

25 - 33 = Great job!
15 - 25 = Room for improvement
0 - 15 = At risk

Adapted from AAA Foundation for Traffic Safety and AAA of Northern California.