



Insurance. It's a Good Thing.

HOW DISTRACTED ARE YOU?

Driver Self Evaluation

Most people are barely aware that they are the distracted drivers. If they were more aware of their distracted driving habits, they might be more willing to change. To find out how aware you are of activities that draw your attention away from driving, answer the questions below. Read each question, then check the response box that best describes your driving habits.

| While driving, do you ever...? | Often | Seldom | Never |
|--|--------------------------|--------------------------|--------------------------|
| Adjust climate controls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Answer a cell phone call | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Check or refer to a set of directions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comb your hair or apply makeup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Consult a map | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Drink a cold beverage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Drive a hot beverage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat a lunch or other meal | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat a snack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Insert or replace a CD or cassette | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Place a cell phone call | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Read a text message | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Read something or jot down a note | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Remove something from a storage bin or glove compartment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Send a text message | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Set or re-set your GPS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tune a radio | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Turn to face a passenger while speaking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

YOUR SCORE: If you answered *Often* or *Seldom* to any of the questions above you have been a distracted driver. None of these activities contribute to safety and all can draw your attention from the task of monitoring road conditions. Even one or two *Seldoms* should be a sign that you can cut down on the disturbances you bring to the important act of safe vehicle operations.