

TRIP LOG INSTRUCTIONS

The Trip Log is the most important part of the Steer Clear program, and completing it is how you get your Safe Driver Discount. Follow the Trip Log instructions carefully so you can receive the discount at the end of the program.


→ *How to Use This Trip Log:*

1. Take the Pre-Log Driver's Self-Assessment at the beginning of the Trip Log section.
2. **Drivers under age 19**, complete 20 trips with 15 supervised by a licensed driver over age 25 in the next 60 days. For those with a learner's permit, all 20 trips must be supervised. Trips should be 15 to 30 minutes in length.

Parents or an adult driver should complete the Passenger Assessment Logs after trips 10 and 20. Drivers, be sure to take at least two trips as a passenger with a parent or adult driver. Observe their driving and offer your comments after you've reached your destination.

Drivers ages 19-24 or New Drivers, complete 5 trips in the next 60 days. Trips should be at least 15 minutes in length.

Both driving groups should take a variety of trips, such as ones to work, school or shopping. Also, consider taking trips at various times and during a variety of weather and traffic conditions.

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3. For each trip, complete the Pre-Trip Log *(before you leave)* and Post-Trip Log *(after you arrive)*.
 4. Trips 1-5 and 11-15 have Driving Review Goals pre-selected for you. For trips 6-10 and 16-20, select the Driving Review Goal of your choice from the list in the Trip Log section or create your own. Record it in the Pre-Trip Log. As you drive, pay attention to that particular aspect of your driving.



TRIP LOG

OK, you've read and reviewed everything you need to know, so now you're ready to begin—finally.

Keep the Steer Clear Kit in your car so you can get to the Trip Log easily before and after every trip. As you complete trips, you'll begin to see how the Trip Log can help you gain insight into your own driving style. Plus, it's a helpful tool to review your driving skills.

Pre-Log Driver's Self-Assessment Survey

You're about to take your first trip, but before you do, rate yourself as a driver. What you learn may surprise you.

On a scale of 1 to 5, how well does each statement describe you and your driving?

1 = Doesn't describe my driving at all

5 = Describes my driving perfectly

- I always wear my seatbelt and require my passengers to, also. _____ **1 2 3 4 5**
- I am aware of what's going on around me. _____ **1 2 3 4 5**
- I limit distractions in my vehicle. _____ **1 2 3 4 5**
- I use my turn signals. _____ **1 2 3 4 5**
- I yield the right of way. _____ **1 2 3 4 5**
- I maintain speed limits or adjust speeds to suit road conditions. _____ **1 2 3 4 5**
- I am a courteous driver. _____ **1 2 3 4 5**
- I never drive under the influence of drugs or alcohol. _____ **1 2 3 4 5**
- I keep my cool while I'm on the road. _____ **1 2 3 4 5**
- I anticipate problem drivers. _____ **1 2 3 4 5**
- I never allow more passengers than there are seatbelts in my car. _____ **1 2 3 4 5**
- I plan ahead appropriately to allow for delays in traveling. _____ **1 2 3 4 5**

Date: _____

◆ **Rate yourself as a driver:**

| | | | | |
|------------------------------|-------------|----------------|-------------|------------------|
| 1 | 2 | 3 | 4 | 5 |
| <i>Not very good</i> | <i>Fair</i> | <i>Average</i> | <i>Good</i> | <i>Excellent</i> |

Now take a look at all your answers.

Did you circle 3 or less for most of your answers?
If so, you should re-evaluate your driving style as you
get ready to start the Trip Log portion of the program.

◆ **Take a second to
write down some things
you want to work on:**

1. _____

2. _____

3. _____

4. _____

5. _____

Driving Review Goals

Don't forget to select a Driving Review Goal before each trip. Or, you can create one yourself.

1. I limit distractions in the vehicle while driving (radio, passengers, food).
2. I turn off my cell phone while driving.
3. I properly prepare for trips before driving (seat, mirrors, head restraints).
4. I always wear a seatbelt in the car and make sure my passengers do too.
5. I let aggressive drivers take the right of way.
6. If someone tailgates me, I change lanes or pull off to the side and let them pass.
7. I don't "punish" slow drivers by tailgating.
8. I never try to beat a yellow light.
9. I plan travel time ahead to maintain the speed limit and arrive on time.
10. At a stop sign, I come to a complete stop and then look left, right, left before proceeding.
11. I drive slower at night, in poor visibility, in residential areas and around school zones.
12. I practice good scanning habits, so I can identify and properly react to or avoid risks or problems.
13. I am aware of pedestrians and cyclists while driving and make sure to give them plenty of room.
14. I always signal before turns and lane changes, even when no cars are present.



→ Add additional driving goals you want to work toward here:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

TRIP ONE

➔ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: *Supervised* *Unsupervised* (Drivers under age 19 only)

Driving goal: *I plan travel time ahead to maintain the speed limit and arrive on time.*

Going from: _____

Going to: _____

How long do you expect your trip to take? _____

➔ **Post-Trip Log** (Complete this after you've returned from your trip)

Did the trip take the expected time? Yes No

What were the speed limits? _____

Did you exceed the speed limit? Yes No

What affected your travel time? _____

What would you do differently? _____

Tip: *Plan ahead appropriately to allow for delays in traveling.*

TRIP TWO

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Limit distractions while driving and turn off cell phones.

Are your cell phones or other personal electronic devices ON or OFF?

Who are your intended passengers? _____

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you use your cell phone while driving? Yes No

How many passengers did you have? _____

Did your passengers distract you? Yes No

If so, how? _____

Did you eat while driving? Yes No

What distractions did occur while you were driving?

What are ways to limit distractions? _____

Tip: Avoid distractions—radios and cell phones take your attention off the road.

TRIP THREE

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Properly prepare your vehicle for trips and always wear a seatbelt.

Is everyone in the vehicle buckled up? Yes No

Does your head make full contact with the head restraint? Yes No

Did you adjust your rearview and side mirrors to minimize blind spots? Yes No

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Why is it important that everyone in your vehicle wear a seatbelt? _____

What other vehicle preparations could you have made before your trip? _____

Did you continually check your mirrors while driving? Yes No

Why is it important that you prepare your vehicle before each trip? _____

Tip: **Buckle up—seatbelts save lives.**

TRIP

FOUR

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: *Supervised* *Unsupervised* (Drivers under age 19 only)

Driving goal: *Practice good scanning habits and always be aware of hazards.*

What type of hazards do you expect to see on your trip?

Before you put your vehicle in motion, have you scanned your surroundings? Yes No

→ **Post-Trip Log** (Complete this after you've returned from your trip)

What type of hazards did you detect during your trip?

How did you react to the hazards you detected?

How many posted speed limit signs did you see on your trip? _____

Tip: *Look well ahead of the cars in front of you to detect any changes or risks.*

TRIP FIVE

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Always drive defensively and be aware of aggressive drivers.

How do you deal with an aggressive driver behind you?

Are you in a hurry? Yes No

What is your state of mind before your trip?

Anxious Relaxed Upset Neutral Other

→ Post-Trip Log (Complete this after you've returned from your trip)

How did your mood affect your driving? _____

Did you adjust your speed to accommodate the driving conditions (weather, light, residential area)? Yes No

Did you encounter an aggressive driver during your trip? Yes No

If so, how did you handle the situation? _____

What distance did you maintain from the car in front of you? _____

Tip: *If you can, avoid driving in bad weather, congested traffic or after dark.*



HEY,
DRIVERS 19 AND
OLDER

After Trip #5, you're done
with the Trip Log portion of the program.
Now go to the **Completing the Program** section on page 41
to take the Post-Log Driver's Assessment survey.

DRIVERS UNDER AGE 19,
continue on page 22.

TRIP SIX

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices ON or OFF?

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: **No driving under the influence—this can impair your reaction time.**

TRIP SEVEN

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: *Supervised* *Unsupervised* (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: *Pull over if you're tired—fatigue slows reaction time.*

TRIP EIGHT

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices ON or OFF?

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: Adopt a code word to allow you to ask for help from a parent or friend without embarrassment.

TRIP

NINE

➔ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: *Supervised* *Unsupervised* (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

➔ **Post-Trip Log** (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: *Drive safely: 58 out of 100 new drivers get into a crash in the first year.*

TRIP TEN

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: Drive smart: 16-year-olds are 20 times more likely than an adult to die in an automobile crash.

Passenger Assessment Log #1

(For parents or driving supervisors of drivers under age 19)

The driver you're evaluating has just completed Trip #10. During those trips, the driver has likely encountered a lot on the road. That's why now's a good time to review the driver's progress. Some time soon, let the driver use this log to evaluate your driving too.

Reviewing passenger name: _____

Date: _____

Relationship to driver: Parent/Child Friend Other

Did the driver ask you to put on a seatbelt? Yes No

Did the driver limit distractions? Yes No

How does the driver deal with aggressive drivers?

Yields Fights Ignores

Was the driver always aware of his/her speed? Yes No

Did the driver stay within the speed limit? Yes No

Did the driver use signals when turning and changing lanes? Yes No

Two words that describe the person's driving style?

_____ & _____

Did you feel safe riding with the driver? Yes No

How can this driver become an even safer driver?

Other comments:

TRIP ELEVEN

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: I plan travel time ahead to maintain the speed limit and arrive on time.

Going from: _____

Going to: _____

How long do you expect your trip to take? _____

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Did the trip take the expected time? Yes No

What were the speed limits? _____

Did you exceed the speed limit? Yes No

What affected your travel time? _____

What would you do differently? _____

Tip: *Think driving fast is cool?
Think again. Speed kills, and since
when is being dead cool?*

TRIP

TWELVE

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Limit distractions while driving and turn off cell phones.

Are your cell phones or other personal electronic devices ON or OFF?

Who are your intended passengers? _____

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you use your cell phone while driving? Yes No

How many passengers did you have? _____

Did your passengers distract you? Yes No

If so, how? _____

Did you eat while driving? Yes No

What distractions did occur while you were driving?

What are ways to limit distractions? _____

Tip: Know your passengers and always keep them under control while driving.

TRIP

THIRTEEN

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Properly prepare your vehicle for trips and always wear a seatbelt.

Is everyone in the vehicle buckled up? Yes No

Does your head make full contact with the head restraint? Yes No

Did you adjust your rearview and side mirrors to minimize blind spots? Yes No

→ **Post-Trip Log** (Complete this after you've returned from your trip)

Why is it important that everyone in your vehicle wear a seatbelt? _____

What other vehicle preparations could you have made before your trip? _____

Did you continually check your mirrors while driving? Yes No

Why is it important that you prepare your vehicle before each trip? _____

Tip: Be sure all passengers, front and back seat, are buckled up before you start to drive.

TRIP

FOURTEEN

→ Pre-Trip Log *(Complete this before you leave)*

Date: _____

This trip is: *Supervised Unsupervised (Drivers under age 19 only)*

Driving goal: *Practice good scanning habits and always be aware of hazards.*

What type of hazards do you expect to see on your trip?

Before you put your vehicle in motion, have you scanned your surroundings? Yes No

→ Post-Trip Log *(Complete this after you've returned from your trip)*

What type of hazards did you detect during your trip?

How did you react to the hazards you detected?

How many posted speed limit signs did you see on your trip? _____

Tip: *Maintain a safety zone around your vehicle at all times.*

TRIP FIFTEEN

→ **Pre-Trip Log** (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: Always drive defensively and be aware of aggressive drivers.

How do you deal with an aggressive driver behind you?

Are you in a hurry? Yes No

What was your state of mind before your trip?

Anxious Relaxed Upset Neutral Other

→ **Post-Trip Log** (Complete this after you've returned from your trip)

How did your mood affect your driving? _____

Did you adjust your speed to accommodate the driving conditions (weather, light, residential area)? Yes No

Did you encounter an aggressive driver during your trip? Yes No

If so, how did you handle the situation? _____

What distance did you maintain from the car in front of you? _____

Tip: Limit nighttime driving—most serious teen crashes occur at night.

TRIP SIXTEEN

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: *Supervised* *Unsupervised* (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: *Adopt a parent/teen contract that defines expectations and consequences.*

TRIP

SEVENTEEN

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: Always scan for potential hazards and important roadside cues and information that can help you stay safe.

TRIP

EIGHTEEN

→ Pre-Trip Log *(Complete this before you leave)*

Date: _____

This trip is: *Supervised* *Unsupervised* *(Drivers under age 19 only)*

Driving goal: *(Choose a goal from page 14 or create your own)*

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ Post-Trip Log *(Complete this after you've returned from your trip)*

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: Ensure you are familiar with the vehicle's controls before driving.

TRIP

NINETEEN

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices **ON or **OFF**?**

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: *Take a moment before you start your trip to adjust your side and rearview mirrors to the correct position.*

TRIP TWENTY

→ Pre-Trip Log (Complete this before you leave)

Date: _____

This trip is: Supervised Unsupervised (Drivers under age 19 only)

Driving goal: (Choose a goal from page 14 or create your own)

Going from: _____ **to:** _____

Is everyone in the vehicle buckled up? Yes No

Are your cell phones or other personal electronic devices ON or OFF?

→ Post-Trip Log (Complete this after you've returned from your trip)

Did you achieve the driving goal(s) for this trip? Yes No

How did you manage the distractions in your vehicle?

Briefly summarize a lesson learned from this trip:

Other comments, thoughts or observations from this trip:

Tip: *One of the biggest hazards at intersections is making left turns. It takes proper positioning, patience and planning.*

Passenger Assessment Log #2

(For parents or driving supervisors of drivers under age 19)

Your support has likely been a big help to the driver. Plus, your own safe driving skills have set a good example for the driver to follow now and in the future. Assess them one last time and remind them to remember the lessons they've learned throughout the program.

Reviewing passenger name: _____

Date: _____

Relationship to driver: Parent/Child Friend Other

Did the driver ask you to put on a seatbelt? Yes No

Did the driver limit distractions? Yes No

How does the driver deal with aggressive drivers?

Yields Fights Ignores

Was the driver always aware of his/her speed? Yes No

Did the driver stay within the speed limit? Yes No

Did the driver use signals when turning and changing lanes? Yes No

Two words that describe the person's driving style?

_____ & _____

Did you feel safe riding with the driver? Yes No

How can this driver become an even safer driver?

Other comments:



HEY,
DRIVERS
UNDER AGE 19!

You're done with the Trip Log portion of the program.
Now go to the **Completing the Program** section on page 41
to take the Post-Log Driver's Assessment survey.