

Motorway skills evaluation sheet

Name: Date

Using the basic self-evaluation method introduced in week one, formulate specific improvement targets for each of the following.

Consider both skills and attitude and be honest with yourself!

Subject	Current Rating	Changes to achieve current Rating + 2
Reading the road		
Watching for brake lights at least half a mile ahead		
Awareness of others 'travelling with you'		
Acceleration sense (driving without the need for brakes)		
Use of signals		
Early signals; well before manoeuvring		
Signals always cancelled after use		
No unnecessary signals		
Anticipation of other driver's signals		
Following distance		
Habitual use of a minimum two-second gap		
Road position		
Lane discipline		
Awareness of heavy vehicles when driving in lane three		
Overtaking		
Overtaking when possible		
Making maximum legal progress		