

Self Reflective Log: ADI Part 2 Practice Drive



Route Practised _____

Weather/ Traffic Conditions _____

Vehicle Used _____

- Mock Test
- Practise

What went well today?

Reflect on your strengths - observation, control, decision making, calmness under pressure

What could i have done better?

Pick one or two areas you know need attention

Was i proactive or reactive? *Describe one moment where you had to quickly adjust - or didn't anticipate early enough*

Rate Yourself (1-5):

Basics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anticipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Progress drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eco	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Would this drive inspire confidence in a learner?

Reflect not just on what happened - but how you thought through your actions