

LESSON CHECKLIST

PREPARATION

- ☐ **Provisional License:** Confirm you have your license ready.
- ☐ **Eyewear:** Bring necessary glasses if required.
- ☐ **Appropriate Clothing:** Wear comfortable clothes and suitable footwear.
- ☐ **Rest Well:** Ensure a good night's sleep prior to the lesson.
- ☐ **Pre-Lesson Meal:** Eat a light meal beforehand.
- ☐ **Hydration:** Bring a water bottle.

BEFORE THE LESSON

- ☐ **Lesson Confirmation:** Verify lesson details the day before.
- ☐ **Questions List:** Note any questions for your instructor.
- ☐ **Pre-Drive Setup:** Adjust seat and mirrors initially.

POST-LESSON

- ☐ **Post-Lesson Review:** Discuss and note improvements and progress.
- ☐ **Skills Log:** Maintain a log of all lessons and skills practiced.
- ☐ **Progress Review:** Regularly assess your learning and test readiness.

DURING THE LESSON

- ☐ **Stay Focused:** Avoid mobile phone use during the lesson.
- ☐ **Feedback Reception:** Be open to feedback and ask questions.

NOTES

