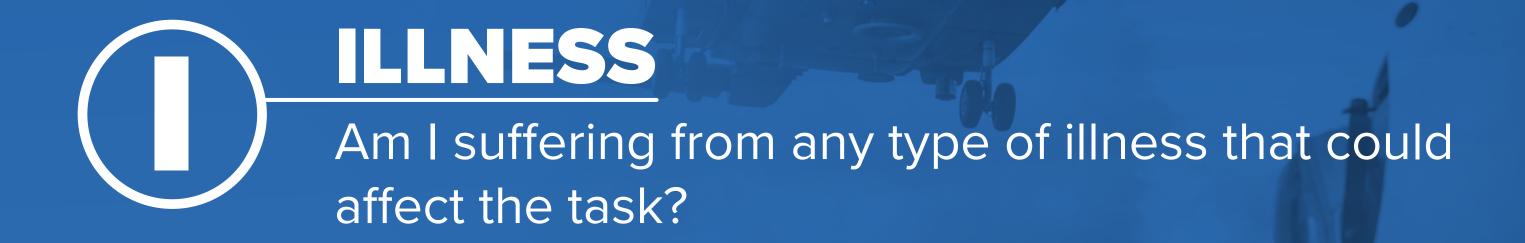






## MEDICATION

Am I currently on some type of medication that could impair my judgement or my ability to do the task?







## **ALCOHOL & CANNABIS**

Have I been consuming, and could I still be under the influence which may affect my ability for the task?



## 

Am I well rested? Have I had enough sleep for me to be alert enough to complete the task?

**EATING** Have I had a good meal recently that will be able to tide me over until my next opportunity to eat?