

Days I will not play (e.g. pay day, bad-mood days): _____

Page total

For education only. 18+ (or the legal age where you live). Gambling is not a way to make money. Set a limit before you play. Need help? Contact your national gambling helpline.

Weekly check-in

Week	Share of limit	Spent	Left of limit	Sessions	Minutes	Over plan? Y/N
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						

Month-end review

Total spent: _____

Monthly limit: _____

Total won back: _____

Under / over limit by: _____

Net for the month: _____

Total hours played: _____

Did I stay inside my limit? [] Yes [] No

What I will keep / change next month: _____

Honest check: tick anything that happened this month

- ☐ I spent more money or time than I planned.
- ☐ I chased losses (played again soon to win money back).
- ☐ I played to escape stress, boredom or a bad mood.
- ☐ I hid or played down how much I spent.
- ☐ I borrowed money, or used money meant for bills or savings.
- ☐ Gambling got in the way of work, family or sleep.

Ticked one or more? Lower your limit, take a break, or stop. Ticked several, or finding it hard to stop? Talk to someone you trust and contact your national gambling helpline or your local health services. Support is available in many places.

Keep it simple

- Set the limit first. Treat it as the price of entertainment, and expect to lose it.
- Use deposit limits, reality checks and self-exclusion tools if the site or venue offers them.
- Never play to pay bills or recover a loss.