



CHECKLIST

Your gambling budget checklist

- ☐ List every monthly expense you cannot skip

- ☐ Subtract that total from your income to find discretionary money

- ☐ Choose a budgeting method that matches how you manage money

- ☐ Write the budget figure somewhere you see before gambling

- ☐ Record every deposit or stake as it happens

- ☐ Set a deposit limit at or below your budget

- ☐ Stop gambling when the budget is spent

- ☐ Review the budget monthly and adjust only when circumstances change
