

Track Your Spending



The purpose of this log book is to help you balance the amount of time and money you spend on gambling.

Know the cost

Keeping track of how much time and money you spend on gambling is one way to minimize the risk of gambling problems and keep it entertaining.

Here are some tips for managing your gambling:

- Learn how the games work
- Play for fun, not to make money
- Plan how long you'll play
- Set a budget and stick to it
- Take frequent breaks
- Accept losses as the cost of entertainment

You may want to fill in the following budget guide:

In the next _____ (number of days/weeks),
I plan to spend _____ hours and \$ _____
on gambling activities.

My daily/weekly limit is \$ _____ and
_____ hours.

Here is an example of how the log book is used.

Enter the date and amount of time you gambled in the **first 2 columns**. In **column 3** enter the amount of money you had at the start of the gambling session.

1	2	3
Date	Amount of Time	Money (\$) at Start
March 1	2 hours	\$40
March 8	1 hour	\$40
March 15	1 hour	\$60
Total	4 hours	

In **column 4** enter the amount of money you had when you finished. Use **column 5 or 6** to calculate how much you spent or won. At the bottom of the page total the results.

4	5	6
Money (\$) at Finish	Amount Spent (col 3 - col 4)	Amount Won (col 4 - col 3)
\$15	\$25	-
\$60	-	\$20
\$10	\$50	-
Total	\$75	\$20

Total money (\$) spent minus
total money (\$) won = net loss/win

$$\begin{array}{rcccl}
 \boxed{\$75} & - & \boxed{\$20} & = & \boxed{\$55} \\
 \text{Total money} & & \text{Total money} & & \text{Net loss/win} \\
 \text{(\$) spent} & & \text{(\$) won} & &
 \end{array}$$

On page 14
calculate your
totals from
all pages.

Log 1

On page 14 calculate your totals from all pages.

1	2	3
Date	Amount of Time	Money (\$) at Start
Total		

4	5	6
Money (\$) at Finish	Amount Spent (col 3 - col 4)	Amount Won (col 4 - col 3)
Total		

Total money (\$) spent minus
total money (\$) won = net loss/win

$$\boxed{} - \boxed{} = \boxed{}$$

Total money (\$) spent Total money (\$) won Net loss/win

Log 2

On page 14 calculate your totals from all pages.

1	2	3
Date	Amount of Time	Money (\$) at Start
Total		

4	5	6
Money (\$) at Finish	Amount Spent (col 3 - col 4)	Amount Won (col 4 - col 3)
Total		

Total money (\$) spent minus
total money (\$) won = net loss/win

$$\boxed{} - \boxed{} = \boxed{}$$

Total money (\$) spent Total money (\$) won Net loss/win

Log 3

On page 14 calculate your totals from all pages.

1	2	3
Date	Amount of Time	Money (\$) at Start
Total		

4	5	6
Money (\$) at Finish	Amount Spent (col 3 - col 4)	Amount Won (col 4 - col 3)
Total		

Total money (\$) spent minus
total money (\$) won = net loss/win

$$\boxed{} - \boxed{} = \boxed{}$$

Total money (\$) spent Total money (\$) won Net loss/win

Log 4

On page 14 calculate your totals from all pages.

1	2	3
Date	Amount of Time	Money (\$) at Start
Total		

4	5	6
Money (\$) at Finish	Amount Spent (col 3 - col 4)	Amount Won (col 4 - col 3)
Total		

Total money (\$) spent minus total money (\$) won = net loss/win

$$\boxed{} - \boxed{} = \boxed{}$$

Total money (\$) spent Total money (\$) won Net loss/win

Log Totals

From	Total Time	Total Spent
Log 1		
Log 2		
Log 3		
Log 4		
Totals		

Compare these totals to the amounts entered on page 3. How well did you follow your budget?

If you want to learn more about tracking your spending or the cost of play for any games, talk to the GameSense Advisors at the GameSense Info Centres.

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Club Regent Casino
(204) 985-0419

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