

THREE STEPS TO KEEPING YOUR BUDGET ON TRACK

There are three important steps to make sure you don't spend more than you can afford on gambling:

1. Create a monthly budget

A monthly budget will help you plan where your money is going. You can use the template provided to compare your income with your expenses.

Record everything from the large expenses like housing, heating and transportation expenses, to savings and credit card payments, down to the smaller items like coffee, newspapers and lunches. The more accurate you can be, the better.

2. Determine how much you can spend on gambling

Once you compare your income and expenses, you can determine how much (if any) you have left for entertainment.

You'll want to consider the things you enjoy, like movies, sports events, concerts, books, hobbies, travel and gambling. All of these items have to come out of the portion of your monthly budget allotted to entertainment.

3. Keep track of your play

When you've reviewed your monthly budget, and determined how much you can afford to gamble, the next step is sticking to it.

Keeping track of your play can be as simple as only taking your budgeted amount with you when you go out to gamble. Be aware of your spending and don't exceed what you've allocated for gambling.

TIPS FOR STAYING ON BUDGET

Decide what you want to spend on gambling before you start – and only take that amount with you.

Stop when you've hit your gambling budget limit.

Limit access to additional funds. Take out the amount you plan on spending in advance and leave your debit card at home.

Never borrow money for gambling.

Money you decide to spend on gambling should be included in the entertainment section of your budget.

EXAMPLE:

If you have \$200 per month in your entertainment budget, and you like to go to the movies twice a month (2 movies x \$15 = \$30), and go to sporting events twice a month (2 sporting events x \$20 = \$40), you still have approximately \$130 left to spend on gambling, or other fun activities.

This brochure has been developed by:



The Gambling Support Network provides online and phone support for Nova Scotians and their families who may have gambling-related concerns. The services are free, confidential and available 24 hours a day, seven days a week.

1-888-347-8888 or TTY access through 711
gamblingsupportnetwork.ca

For more information, please visit
YOURBESTBET.ca



GAMBLING, MONEY AND YOU



Gambling is about having fun and what you spend on gambling should always come after you have paid for your day-to-day expenses.



Healthy Play tips to keep
your budget on track
YOURBESTBET

Gambling is like many other forms of entertainment; it costs money. That's why it's smart to think about how gambling fits into your overall budget. Following these simple steps is your best bet for making sure you don't spend more than you can afford on gambling.



For more information, please visit
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MONTHLY BUDGET TEMPLATE

MONTHLY INCOME

Take home pay (after tax and deductions) _____
 Other income _____
TOTAL INCOME _____

MONTHLY EXPENSES HOUSING

Rent or mortgage _____
 Property taxes _____
 Electricity _____
 Heat _____
 Maintenance and repairs _____
 Cable/internet _____
 Telephone/cell phone _____
 Insurance (personal, home) _____

TRANSPORTATION

Car loan/lease _____
 Fuel _____
 Insurance and license _____
 Repairs and service _____
 Public transportation _____

LIVING EXPENSES

Groceries (including lunch, etc.) _____
 Medical/personal care _____
 Clothing _____
 Childcare _____
 Spending money _____
 Donations/gifts _____

ENTERTAINMENT

Magazines/books/newspapers _____
 Restaurants/bars/coffee shops _____
 Movies/theatre/sporting events/concerts _____
 Gambling _____
 Lottery tickets/raffle tickets _____
 Slots _____
 Casino games _____
 Sports betting _____
 Horse racing _____
 Bingo _____

MONTHLY PAYMENTS

Regular savings/RRSPs _____
 Personal loans/line of credit _____
 Credit cards _____
 Legal expenses _____
 Other _____

TOTAL MONTHLY EXPENSE

*Expenses should not exceed income.

GAMBLING LOGBOOK

The following gambling logbook outlines some of the most important things to track.

Keep the logbook in a handy place so you can enter your time played and money spent as accurately as possible.

EXAMPLE:

If you put \$10 in, and cashout \$2, you might say you've won \$2, but in reality, you've lost \$8. Remember, all games are designed to take in more money than they cashout. The more you play, the more likely you are to lose.

RUNNING TOTAL

You can also create a running total for your play, so you can see your gambling spending over time and make sure you aren't spending too much. However, you should never try to spend more to win back your losses, as you will just end up losing more.

SAMPLE RUNNING TOTAL:

DATE	AMOUNT WON/LOST	RUNNING TOTAL
May 1	+\$20	+\$20
May 7	-\$60	-\$40
May 14	-\$30	-\$70
May 23	+\$10	-\$60
May 28	-\$20	-\$80
	TOTAL	-\$80

RUNNING TOTAL:

DATE	AMOUNT WON/LOST	RUNNING TOTAL

SAMPLE GAMBLING LOG

LOCATION: Joe's Bar
 DATE: May 1
 TIME SPENT: 45 mins
 MONEY SPENT: \$10
 MONEY LOST: \$8
 MONEY WON: \$2

GAMBLING LOG

LOCATION: _____
 DATE: _____
 TIME SPENT: _____
 MONEY SPENT: _____
 MONEY LOST: _____
 MONEY WON: _____

LOCATION: _____
 DATE: _____
 TIME SPENT: _____
 MONEY SPENT: _____
 MONEY LOST: _____
 MONEY WON: _____

LOCATION: _____
 DATE: _____
 TIME SPENT: _____
 MONEY SPENT: _____
 MONEY LOST: _____
 MONEY WON: _____