

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.

Don't 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 have approximately \$32.50 per week left to spend on gambling.

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



Your day-to-day expenses should come before entertainment options, like gambling.



Smart ways 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 to making sure you don't spend more than you can afford on gambling.



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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.

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: _____