

# 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**

# 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.

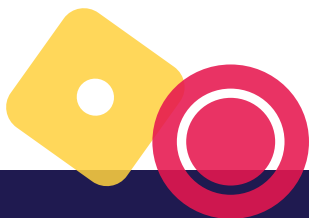
## 2. Determine how much you can spend on gambling

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.

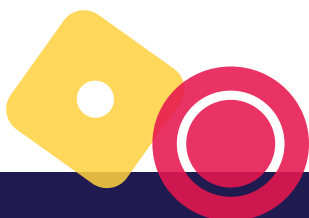
Limit access to additional funds. Take out the amount you plan on spending in advance and leave your debit card at home.

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.



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.



For more information, please visit

**YOURBESTBET.ca**

# 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.



# 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: \_\_\_\_\_

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](http://gamblingsupportnetwork.ca)

For more information, please visit

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