CHECKLIST

Money management after gambling: weekly checklist

- [ ] Check that your bank gambling block is still active
- [ ] Withdraw your weekly cash allowance for food and travel
- [ ] Write down every purchase you made this week
- [ ] Confirm that priority bills have been paid or are scheduled
- [ ] Contact any creditor you cannot pay this month before the payment is due
- [ ] Review your spending tracker and adjust next week's plan if needed
- [ ] Check in with the person supporting your recovery, if you have one
- [ ] Remove any new gambling emails or messages without opening them