

MONITORING YOUR GAMBLING

**Daily monitoring sheet**

Date: ..... Day: .....							
1	2	3	4	5	6	7	8
Time and place	Feelings and thoughts before gambling (rating of tension on ten-point scale – 1 = low, 10 = high)	Borrowings	Cash at start of session	Cash at end of session	Win	Loss	Feelings associated with results: (rating of tension on ten-point scale – 1 = low, 10 = high)
<b>Total wins/losses and borrowings</b>							