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Nova Scotia Department of Health Promotion
and Protection Problem Gambling Helpline
1-888-347-8888, or 1-888-347-3331 (TTY)

Gambling, Money and You

Smart ways to keep
your budget on track



*If you gamble,
think about your
day-to-day expenses.*



**RESPONSIBLE
GAMBLING**
It's your best bet



RESPONSIBLE GAMBLING
It's your best bet

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.

Keep track of
your budget and
gambling online at
www.yourbestbet.ca



Three Steps to Keeping Your Budget on Track

There are three important steps to make sure you don't spend too much 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.

You'll want to 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. Or, you can create a gambling logbook to keep track of your time and money as you play. This way, you can see if you are spending more than you budgeted. If you are, you can take actions like spending less next time, or not gambling at all until your budget is back on track.

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.

Pick a win limit – if you reach it, cash out and stop playing.

Limit your access to additional funds.

Don't lend or borrow money to gamble.

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 two times a month (2 movies x \$10 = \$20), and go to sporting events twice a month (2 sporting event x \$15 = \$30), you only have \$150 left to spend on gambling or approximately \$40/week.

You can also track your gambling budget at www.nsgc.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 _____

Insurance (personal, home) _____

TRANSPORTATION

Fuel _____

Insurance and License _____

Repairs and Service _____

Public Transportation _____

LIVING EXPENSES

Groceries (including lunch, etc) _____

Clothing _____

Childcare _____

Spending Money _____

Donations/ Gifts _____

ENTERTAINMENT

Magazines/Books _____

Restaurants _____

Movies/Theatre/Shows _____

Gambling _____

lottery tickets _____

VLTs _____

slot machines _____

sports betting _____

horse racing _____

bingo _____

card games _____

MONTHLY PAYMENTS

Regular Savings _____

Car Loan/Lease _____

Personal Loans/Line of Credit _____

Credit Cards _____

Legal Expenses _____

Other _____

TOTAL MONTHLY EXPENSE _____

Gambling Logbook

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

1. Keep the logbook in a handy place so you can enter your time played and money spent as accurately as possible. You can also keep track of your gambling online at www.nsgc.ca
2. Remember, even if you cash out, you don't necessarily end up ahead. You have to cash out more than you put in to really 'win'.

EXAMPLE:

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

Sample Gambling Log

LOCATION: Joe's Bar
DATE: May 1
TIME SPENT: 45 mins
MONEY IN: \$10
MONEY OUT: \$2
MONEY LOST: \$8
MONEY WON: \$0

Gambling Log

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

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

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

