

MY PLAN TO CHANGE MY GAMBLING HABITS

Date:

My specific goal/s to change my gambling habits are:

1.
2.
3.

I will tell the following people of my plan to help keep me on track:

1.
2.
3.

My start date is:

My check in date is:

I will track my progress to see if my change has been successful by:

I plan to engage in alternative activities such as:

1.
2.
3.