CHECKLIST

Your Evening Without Gambling Checklist

- [ ] Choose one simple action to mark the start of your evening and do it every day
- [ ] Schedule one fixed activity for tonight at a set time
- [ ] Plan something physical that keeps your hands occupied
- [ ] Write the National Gambling Helpline number where you can see it
- [ ] Call or message someone who knows what you're working through
- [ ] Track what you did tonight and whether it helped
- [ ] Go to bed earlier if the evening becomes unmanageable