

Monitorcard

What will gambling cost you?
Quit in time. 18+



Tips for responsible gambling

01 Gamble for your enjoyment.



02 Decide how much money you want to spend before you start gambling.



03 Determine how long and how often you want to gamble.



04 Take your winnings or losses, don't gamble for too long.




05 Be honest about your gambling behavior.



06 Seek advice if you notice that you're losing control.



 This monitor card is a tool to monitor and set your personal boundaries. Click on the blue input fields to add data. Don't forget to save!

You can also keep track of how much money and time you spend on gambling by completing the form.

I agree with myself...

I visit the (online) casino a maximum of: times per month.

I will spend time in the (online) casino for a maximum of: hours.

My budget is a maximum of: euros per month.


Curious about your gambling behavior?

Take our self-test and find out!


..  Click on the link


Click here
to take our
selftest

Contact & advice

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WEBSITE

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