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CHECKLIST

Phone blocking checklist: steps to take today

- [ ] Decide whether you need a block you can override or one that holds until a set date
- [ ] Install BetBlocker or Gamban and choose your lock period
- [ ] Delete gambling apps already on your device or hide them using Screen Time or app limits
- [ ] Set up router-level blocking if others in your home share the concern
- [ ] Register with GamStop to close accounts and stop marketing messages
- [ ] Install parental controls if your phone is shared with someone younger
- [ ] Write down the date your block ends and tell someone you trust