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CHECKLIST

Financial barriers after gambling: a weekly checklist

- [ ] Meet with your trusted person to review spending and discuss any urges
- [ ] Check that all fixed bills have left your main account on schedule
- [ ] Top up your spending account with the agreed weekly amount
- [ ] Confirm that Gamban or BetBlocker is still active on all devices
- [ ] Note any moments this week when you felt tempted to bypass a barrier
- [ ] Set the date and time for next week's check-in