

30-DAY QUIT-GAMBLING CALENDAR

One day at a time.

Start any day. Check gambling-free days; note what helped.

My start date

Someone I can check in with

01 ☐ Date _____ _____ _____	02 ☐ Date _____ _____ _____	03 ☐ Date _____ _____ _____
04 ☐ Date _____ _____ _____	05 ☐ Date _____ _____ _____	06 ☐ Date _____ _____ _____
07 ☐ Date _____ _____ _____	08 ☐ Date _____ _____ _____	09 ☐ Date _____ _____ _____
10 ☐ Date _____ _____ _____	11 ☐ Date _____ _____ _____	12 ☐ Date _____ _____ _____
13 ☐ Date _____ _____ _____	14 ☐ Date _____ _____ _____	15 ☐ Date _____ _____ _____

Track your progress daily in QuitBet.
 Continue your recovery plan. Free to start.
quitbet.co/go/calendar



US support: 1-800-MY-RESET (1-800-697-3738). Call or text, free, 24/7.

QuitBet Addiction Research Team

quitbet.co/free-resources

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One day at a time.

If I gamble, I can write a next step and keep using this plan.

What helped me?

My next small step

16 Date _____ ☐	17 Date _____ ☐	18 Date _____ ☐
19 Date _____ ☐	20 Date _____ ☐	21 Date _____ ☐
22 Date _____ ☐	23 Date _____ ☐	24 Date _____ ☐
25 Date _____ ☐	26 Date _____ ☐	27 Date _____ ☐
28 Date _____ ☐	29 Date _____ ☐	30 Date _____ ☐

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