

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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