

GAME-DAY PLAN WITHOUT BETTING

Watch with a plan.

Choose a setting that supports watching without betting. If the game raises the urge, switch to another activity.

Game / date

My support person

01 Before the game

☐ Skip odds feeds and betting promotions; check my device barriers.

Where / who I'll watch with

My backup activity

02 During the game

☐ Keep betting apps closed. Leave or switch off if needed.

My first action if an urge hits

03 After the game

☐ Check in with my person and notice what helped.

What helped / my next step

If I gamble: stop, tell my person, and review one barrier to add.

Bring your game-day plan into QuitBet.

Use blocking, urge tools and check-ins. Free to start.

quitbet.co/go/game-day-plan



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

QuitBet Addiction Research Team

quitbet.co/free-resources