CHECKLIST

First-week financial control checklist

- [ ] Write down your current balance and what must be paid in the next seven days
- [ ] Remove all payment cards and faster-payment links tied to gambling sites
- [ ] Set a daily spending limit on your debit card through your banking app
- [ ] Set up transaction alerts so every purchase above your chosen threshold notifies you
- [ ] Unsubscribe from all retail and gambling emails immediately
- [ ] Decide now what you will do with any unplanned money before it arrives
- [ ] Contact a free debt advice service if you owe money and feel stuck
- [ ] Register for GamStop or install blocking software to reduce temptation at device level
- [ ] Find one free outdoor space near you and visit it when spending urges rise