

Monitorcard

What will gambling cost you?
Quit in time. 18+



Tips for responsible gambling

01 Gamble for your enjoyment.



02 Decide how much money you want to spend before you start gambling.



03 Determine how long and how often you want to gamble.



04 Take your winnings or losses, don't gamble for too long.



05 Be honest about your gambling behavior.



06 Seek advice if you notice that you're losing control.



i This monitor card is a tool to monitor and set your personal boundaries. Click on the blue fields to fill in the form. Don't forget to save your file regularly.

You can also keep track of how much money and time you spend on gambling by completing the form.

I agree with myself...

I go the (online) casino a maximum of: per month.

The maximum time I spend in an (online) casino will be: hours.

My budget is a maximum of: euros per month.

Curious about your gambling behavior?

Take our self-test and
find out!

.....  Click on te link

Click here
to take
our selftest

Contact & advice

 spelers.cvvgokken.org

 info@cvvgokken.org

 +31 (0) 6 416 228 69

Click here
to visit
our website

Benieuwd naar jouw gokgedrag?

Doe onze zelftest en
kom erachter!

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te doen

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