

## Triggers and actions Gambling 14-Day Diary template - Over 11s

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Gambling games or gambling style activities I took part in:							
How long I spent playing each game:							
Who I was with:							
Time spent on activity							
Money spent on activity							
How I felt during these activities							
Any consequences from my actions							
Any triggers							

## Triggers and actions Gambling 14-Day Diary template - Over 11s

WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Gambling games or gambling style activities I took part in:							
How long I spent playing each game:							
Who I was with:							
Time spent on activity							
Money spent on activity							
How I felt during these activities							
Any consequences from my actions							
Any triggers							

