

# WEEKLY SELF-HELP MONITORING REPORT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Urge to Gamble							
Thoughts about Gambling							
Amount of Time Spent Gambling							
Total Money Spent on Gambling							
Feeling in the Past 24 Hours							
Type of Gambling							
Recovery Activities:[i.e.] GA, Exercise Reading, Relaxation, Household Chores, Family Activities, etc.							