Enter the date & amount of time you gambled in columns 1 & 2.
Enter the amount of money you had at the start of the gambling session in column 3.
Enter the amount of money you had when you finished in column 4.
Use column 5 or 6 to calculate how much you spent or won.
Add the total results at the bottom of the page.

1	2	3	4	5	6
Date	Amount of Time	$ Amount at Start	$ Amount at Finish	Amount Spent Col #3 - Col #4	Amount Won Col #4 - Col #3
March 1	1 hour	$40	$15	$25	
March 8	1 hour	$40	$60		$20
March 15	2 hours	$60	$10	$50	
Totals	4 hours			$75	$20

Total $ Spent minus Total $ Won: __$75__ - __$20__ = __$55__ = Net Loss/(Win)

(*While it's best to set and stick to a limit, if you do add additional money to your starting amount please enter it on the next line.)

One Month At-A-Glance LOG SHEET

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1	2	3	4	5	6
Date	Amount of Time	$ Amount at Start	$ Amount at Finish	Amount Spent Col #3 - Col #4	Amount Won Col #4 - Col #3
Totals					

Total $ Spent minus Total $ Won: _____ - _____ = _____ = Net Loss/(Win)