MY MONTHLY GAMBLING LOG

provided by
NETimeGambling.com

HOW TO USE YOUR -- 1) Enter the date & amount of time you gambled in columns 1 & 2.
2) Enter the amount of money you had at the start of the gambling session in column 3
3) Enter the amount of money you had when you finished in column4.
4) Use column 5 or 6 to calculate how much you spent o rwon.

DATE	AMOUNT of TIME	$$ AMOUNT at SESSION START	$$ AMOUNT at SESSION END	AMOUNT SPENT (Col #3 - Col #4)	AMOUNT WON (Col #4 - Col #3)	TOTAL $$ SPENT - TOTAL $$ WON NET WIN / LOSS