Poker session log

Print it, fill it in after every session, and you will know what your poker really costs or earns.

DATE	ROOM	GAME AND STAKES	HOURS	BUY-IN	CASH-OUT	RESULT	NOTES
Totals							

HOW TO FILL IT IN

- One line per session, written straight away.
- Result is cash-out minus buy-in, losses included.
- Count rebuys and top-ups in the buy-in.

WHAT TO LOOK FOR

- Result per hour at each stake.
- Which rooms and games you do best in.
- Whether long sessions end worse than short ones.

SET LIMITS FIRST

Decide the most you will lose and how long you will play before you sit down, and write both in the notes.

SCAN ME

topuspoker.com/tools/

Top US Poker compares the five poker rooms open to US players, using each room's own published terms. By Dealer's Choice Dan. Scan for the tool, the full guide and five US poker rooms compared.

21 and over. Gambling problem? Call 1-800-GAMBLER. For information and entertainment only; not legal advice. Room names and logos belong to their owners. Free to print and share, unaltered.