

STACIE WHISONANT

ACT LIKE A
LADY

BET BETTER
THAN A

MAN!

THE OFFICIAL STRATEGY
COMPANION

VOLUME 2





WORKBOOK VOLUME 2: UNDERSTANDING TERMINOLOGY IS THE FOUNDATION OF STRATEGIC BETTING.

ACT LIKE A LADY, BET BETTER THAN A MAN

THE OFFICIAL STRATEGY COMPANION

In the original book, we introduced the language of sports betting. In this section, you will test, apply, and strengthen your understanding.

Confidence in terminology reduces hesitation. Clarity reduces costly mistakes.

Let's build mastery.

1

Interactive exercises to test your knowledge

2

Real-world scenarios to apply terminology

3

Self-assessment tools to track progress

4

Reflection prompts to identify gaps

This isn't just theory—it's practical application. Each exercise is designed to move terminology from your head into your instincts. By the end of this section, you'll speak the language of betting with confidence and precision.

Stacie Whisonant

EXERCISE 1: DEFINE IT YOURSELF

Before looking anything up, write each definition in your own words. The goal is comprehension — not memorization.

Bankroll

Chalk

Spread

Moneyline

Open Parlay

Risk

Underdog

Over/Under

Prop Bet

After completing this section, revisit the book if needed and refine your answers.

Mastery begins with ownership.

EXERCISE 2: REAL-LIFE APPLICATION

Terminology only becomes powerful when applied.

Scenario 1: Understanding the Spread

The spread is **-4.5**. You wager **\$50** on the favorite.

What must happen for your bet to hit?

If the team wins by exactly 4 points, what happens?

If the team wins by 7 points, what happens?

Scenario 2: Moneyline Decision

Team A is **-180** on the moneyline.

Team B is **+150** on the moneyline.

Answer These Questions:

Which team is the favorite?

Which side carries more payout potential?

Which side carries more risk?

Scenario 3: Open Parlay Strategy

01

You place the first leg of an open parlay and it hits.

What options do you have before placing the next leg?

02

Strategic Pause

How does this strategy reduce emotional decision-making?

EXERCISE 3: CONFIDENCE CHECK

Rate yourself from **1 (low)** to **10 (high)**:

I can confidently explain basic betting terms to someone else. 1 2 3 4 5 6 7 8 9 10	I understand how the spread works. 1 2 3 4 5 6 7 8 9 10	I understand how moneyline odds reflect risk and reward. 1 2 3 4 5 6 7 8 9 10	I feel comfortable reading sportsbook terminology. 1 2 3 4 5 6 7 8 9 10
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Reflection

What terms still feel unclear to me?

What action will I take to strengthen my understanding?

Master the Language

Terminology is power.

The more fluent you become, the more confident and disciplined your decisions will be.

Master the language — and you control the game.