Trading Journal

Printable edition · the same fields as the online journal and the Excel workbook

HOW TO USE IT

1. Before the session, tick the checklist below. If one box stays empty, sit out.
2. One row per trade on the log page. Write the target BEFORE you enter: that is your planned R.
3. R = (exit - entry) / (entry - stop) for a long; (entry - exit) / (stop - entry) for a short.
4. Tag every mistake honestly. The pattern only shows up if the tags are true.
5. Friday: fill the weekly review. Fifteen minutes. One rule for next week.

BEFORE EVERY SESSION

- [ ] I know today's news times for my instruments
- [ ] I know my loss room for today (prop daily limit minus today's losses)
- [ ] My risk per trade is set and written down
- [ ] I am rested and not trading to win back a loss
- [ ] My setup is defined: I can say in one line what I am waiting for

MY RULES (WRITE THEM ONCE, READ THEM DAILY)

1. _____
2. _____
3. _____
4. _____
5. _____

ACCOUNT AND PROP LIMITS

ACCOUNT SIZE	RISK PER TRADE %	RISK PER TRADE $

DAILY LOSS LIMIT $	MAX DRAWDOWN $	DRAWDOWN TYPE

PROFIT TARGET $	MIN TRADING DAYS	BEST-DAY CAP %

Prop rules differ by firm and plan. Use your own plan's figures, not a range. Floating losses usually count toward the daily limit.

Trade Log

One row per trade · write the target before you enter · print as many copies as you need

DATE	INSTR.	L/S	ENTRY	STOP	TARGET	EXIT	PLAN R	R	P&L	SETUP	FEELING	SESSION	MISTAKE	NOTES

Setup: Planned · FOMO · Revenge · Boredom · News Feeling: Calm · Confident · Anxious · Rushed · Frustrated Session: Asia · London · Overlap · New York

Mistakes: None · Entered without my setup · Moved my stop · Closed too early · Held past my exit · Oversized · Chased the entry · Revenge trade · Broke a prop rule

PAGE TOTAL _____ **WINS / LOSSES** _____ **MISTAKES** _____

Weekly Review

Fifteen minutes, once a week. Numbers first, then three honest answers.

WEEK OF _____

TRADES	WIN RATE	NET R	NET P&L	MISTAKES	BEST / WORST R

1. What did I do well this week?

2. What cost me money - and was it the market or me?

3. The one rule I will follow next week

RULE CHECK - DID I FOLLOW IT ON EVERY TRADE?

- [ ] Risk per trade stayed at my set size
- [ ] No trade outside my setup
- [ ] Stop never moved further away
- [ ] Stopped after my daily loss limit / max losses
- [ ] Last week's rule: followed