

Daily Trading *Journal*

Plan before. Log during. Review after. One sheet per day, every day.

DATE

MARKET / SESSION

ACCOUNT SIZE

RISK PER TRADE

PART 1 · THE PLAN

HIGHER-TIMEFRAME BIAS

KEY LEVELS

SCHEDULED NEWS

MAX LOSS TODAY

SETUPS I AM WAITING FOR, AND WHAT INVALIDATES EACH

PART 2 · EXECUTION LOG

#	INSTRUMENT	LONG/SHORT	SETUP	ENTRY	STOP	TARGET	SIZE	EXIT	RESULT (R)	FEES
---	------------	------------	-------	-------	------	--------	------	------	------------	------

PART 3 · REVIEW

TRADES TAKEN

WINS / LOSSES

NET RESULT (R)

NET P&L AFTER COSTS

Did I follow my plan?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Patience waiting for setups

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Respected stops and size

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Emotional control

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

WHAT I DID WELL

MISTAKES, AND WHAT EACH ONE COST

PART 4 · MIND

☐ Calm☐ Focused☐ Confident☐ Anxious☐ Impatient☐ FOMO☐ Revenge☐ Bored☐ Tired☐ Overconfident

WHAT TRIGGERED THE STRONGEST EMOTION TODAY?

PART 5 · TOMORROW

ONE THING TO KEEP · ONE THING TO FIX · ONE RULE TO ADD
