Plan the session

Print or duplicate this page for each trading day. Demo and live trades both count as practice.

Date: _____ Session / time zone: _____

Market(s): _____ Account: Demo / Live / Funded

1. Set your boundaries before trading

Account balance: _____ Planned risk per trade: _____

Daily loss limit: _____ Maximum attempts today: _____

Stop condition / account or firm rules: _____

Use your written trading plan and applicable account rules. Do not increase limits to recover a loss.

2. Read the market and yourself

Higher-timeframe bias / key levels / setup I am waiting for:

Scheduled news or events to check (include time zone):

My emotional state, energy and readiness today:

3. Entry readiness

- ☐ Setup matches my written plan
- ☐ Stop, target and position size planned
- ☐ No recovery trade or fear of missing out
- ☐ Entry trigger is confirmed
- ☐ Risk fits my account rules
- ☐ Chart screenshot saved

No qualifying setup? Record the reason and stay out. A no-trade day is a valid journal entry.

Educational worksheet. Trading involves risk of loss; this journal does not predict returns.

Record one trade

Use one copy per trade. Record the plan before entry and the result after exit.

Date / time / zone: _____ Market: _____

Direction: Buy / Sell Session: _____ Trade number: _____

1. Planned trade

Setup type: _____ Timeframes: _____

Entry: _____ Stop loss: _____ Target: _____

Position size: _____ Initial risk ($): _____ Risk (%): _____

Planned reward / risk: _____ Screenshot filename / link: _____

Reason for entry / confirmation / confluence:

2. Actual result

Actual entry: _____ Actual exit: _____

Net P&L ($): _____ Costs included: _____ Actual result (R): _____

Outcome: Win / Loss / Breakeven Followed plan: Yes / No / Partly

Actual R = net profit or loss divided by initial dollar risk. Keep losses negative.

3. Review the execution

Emotion before / during / after the trade:

What I did well / what I will change next time:

Include partial exits in the final result. Log a rule break even when the trade made money.

Review and improve

Complete the daily reflection after the session and the weekly review at the end of the week.

1. Daily reflection

Date: _____ Trades: _____ Net P&L ($): _____ Total R: _____

Rules followed: Yes / No / Partly Stopped when required: Yes / No

Best decision today (including a trade I chose to skip):

Mistake or trigger I noticed / one correction for the next session:

2. Weekly review

Week of: _____ Wins: _____ Losses: _____ Breakevens: _____

Closed trades: _____ Win rate: _____% Net P&L ($): _____ Total R: _____

Average planned reward / risk: _____ Average actual R per trade: _____

Win rate = wins / all closed trades x 100 (breakevens included).

Average actual R = sum of actual R / closed trades. With zero trades, mark averages N/A.

Setup / session that I executed best, and what the journal shows:

Most frequent mistake / emotional trigger:

One measurable process goal for next week:

Keep screenshots with each entry. Compare execution and repeated patterns, not just profit.