

YOOHAANAN TRADING JOURNAL TEMPLATE

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TRADE LOG

Date: _____ Pair: _____ Session: _____
Direction: ☐ Long ☐ Short Entry: _____ Stop Loss: _____ Target: _____
Position Size: _____ Risk Amount: _____ Risk %: _____

SETUP RATIONALE

H4/H1 context: _____
Key level or zone: _____
Entry trigger: _____
Confluence: _____

PRE-TRADE CHECKLIST

☐ H4/H1 structure checked ☐ Session confirmed ☐ Economic calendar checked
☐ Risk parameters set ☐ Stop placed before entry ☐ Emotional state: calm
☐ No revenge trading urge ☐ Daily loss limit not hit ☐ Setup matches my rules

OUTCOME

Result: ☐ Win ☐ Loss ☐ Breakeven Exit Price: _____ P&L: _____
Followed my plan? ☐ Yes ☐ No If no: _____

POST-TRADE REVIEW

What I did well: _____
What I would change: _____
Emotional state during trade: _____
Pattern I am noticing: _____

WEEKLY REVIEW

Trades: ____ Wins: ____ Losses: ____ Win rate: ____ Net P&L: _____
Biggest mistake: _____
Best decision: _____
One improvement for next week: _____
Following rules consistently? ☐ Yes ☐ Improving ☐ Need to reset

NOTES

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