Trading journal

Week of _____

Date	Time	Symbol	Buy / Sell	Lots	Entry	Stop	Target	Exit	P&L ($)	R	Setup	Plan ✓	Mistake or note

Write the stop you entered with, even if you moved it. R = P&L ÷ the money you risked to that stop.

Weekly review

Week of _____

Trades	Wins	Losses	Win rate	Net P&L ($)	Average R	Best trade	Worst trade

1. Did I follow my plan on every trade? Which ones not, and why?

2. Which setup made money this week, and which one lost?

3. What was my most expensive mistake, and what did it cost?

4. How did I feel before my worst trade?

5. One thing I will do differently next week: