

Trade Journal: Printable Template & Weekly Review

A journal is the cheapest performance upgrade in trading, and the one most often skipped because the template is never ready. Print this, keep it beside the terminal, and review weekly — the patterns you are paying to learn are already in your history, unread.

1. Per-trade entry (30 seconds, no essays)

Field	Write
Date / time / session	
Instrument / direction / size	
Setup in five words	
Planned stop / target (before entry)	
Risk in money (not %)	
Actual exit / result in R (multiples of planned risk)	
Rule followed? (Y/N and which rule bent)	
Emotion at entry, one word	

2. The weekly review (20 minutes, same time each week)

- ☐ Total R, and R from rule-following trades versus rule-bending trades, in two separate columns. This single split has ended more bad habits than any indicator.
- ☐ Largest loss: was it planned size? If not, why not — that answer is next week's first fix.
- ☐ Best trade: was it skill or the market's generosity? Journals must record luck honestly or they teach arrogance.
- ☐ One pattern that repeated (good or bad). One change for next week — only one.
- ☐ For EA traders: did the robot's week match its tested behaviour? Note any trade you cannot explain from the log.

3. Monthly roll-up

- ☐ Expectancy per trade in R, by setup type if you trade more than one.
- ☐ Costs paid (spread + commission + swap) as a share of gross result.
- ☐ Drawdown: deepest, longest, and whether it stayed inside the plan's expectations.

The journal rule: record the plan before the result exists. A journal written after outcomes are known is a memoir, and memoirs do not improve trading.