Printable trading journal page (PDF)

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One row per trade. Print several copies or recreate the columns in a spreadsheet.

Date / time	Market & side	Setup	Entry / stop / target	Risk $	Result R	Rule kept?	Emotion

Weekly review

Trades this week / total R _____

Best setup (average R) _____

Worst setup (average R) _____

R lost on broken rules _____

One change for next week _____

Rules to remember

- [ ] Every trade gets a row, including the ugly ones
- [ ] Results in R, not just dollars
- [ ] One change per week, then measure again

Sources: FINRA: Day trading; SEC Investor.gov: Day trading; IRS: Topic no. 429, Traders in securities; CFTC: Futures market basics. Full explanation and links: https://uxs.nz/basics/how-to-keep-a-trading-journal/

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