

DATE: _____

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

DAILY CONTEXT

MARKET: ☐ Forex ☐ Stocks ☐ Indices ☐ Crypto ☐ Other: _____

SESSION: ☐ Asia ☐ London ☐ New York ☐ Other: _____

BIAS: ☐ Long ☐ Short ☐ Sideways ☐ Undefined

PRIMARY STRATEGY: _____ MARKET CONDITIONS: _____

RELEVANT NEWS: _____ DAILY GOAL: _____

MENTAL STATE

☐ Calm ☐ Focused

☐ Motivated ☐ Tired

☐ Stressed ☐ Disciplined

Other: _____

QUICK TRADE LOG

Rapid entries · Result: W / L / BE, P&L or R

#	Time	Asset	L/S	Setup	Entry	SL	TP	Size	R:R	W/L/BE
1										
2										
3										
4										
5										
6										
7										
8										

EXECUTION NOTES / TRADE REFERENCES

ANALYSIS / CHART / NOTES

Ideas, market structure and free annotations

Grid area for analysis and notes.

Link notes to trades using their number or time.

DAILY STATISTICS

TRADES: _____ WINS: _____

LOSSES: _____ BREAK-EVEN: _____

WIN RATE: _____ AVG. R: _____

TOTAL P&L: _____

POSITIVE POINTS

REFLECTION



SCAN IN APP