Trade Journal

Week of: _____ Account: _____ Starting balance: _____

Date	Symbol	L/S	Qty	Entry	Stop	Target	Exit	Fees	Net P&L	R	Setup	Followed plan?	Notes / lesson

Net P&L = (Exit - Entry) × Qty × multiplier (× -1 for shorts) - Fees. R = Net P&L ÷ (|Entry - Stop| × Qty × multiplier).

Rather not do the maths by hand? TradeReview calculates it from your broker file: tradereview.app

Weekly Review

Trades	Wins	Win rate %	Net P&L	Avg R / trade	Biggest loss

Best trade this week and why it worked:

Worst trade this week. Was it a bad trade or a good trade that lost?

Rules I broke (and what it cost in $ / R):

The setup that made money / the setup that lost money:

One thing I will do differently next week:

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