

# Trading Journal Template

A simple template for tracking trades, decisions, emotions, mistakes, and lessons.

## Purpose

This template helps traders review behavior, not just profit or loss. The goal is to track decisions, emotions, risk, and lessons.

## Daily Session Review

Date	Market	Bias/Plan	Mistake to Avoid	Result

## Trade Log

Ticker	Setup	Entry	Exit	Lesson

## Post-Trade Review

Review Item	Yes/No
I followed my trade plan.	■
I respected my stop or invalidation area.	■
I sized the trade properly for my risk.	■
I did not move the stop out of fear or hope.	■
I managed the trade according to structure.	■
I stopped trading when my rules said to stop.	■

## Reflection Prompts

Prompt	Notes

Prompt ideas: What did I do well? What did I rush? What was my emotional state? Did I trade my plan or my feelings? What is one adjustment for next session?

## Key Takeaway

A journal is not for beating yourself up. It is for finding patterns in your behavior so you can improve the process.

### Educational Disclaimer

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